

• The Made in Canada Issue •

JUL/AUG 2022

CHATELAINE

Check out our
**NEW
LOOK!**



Hello,
SUMMER
A CHATELAINE
CAESAR?
HAIL YES!

RECIPE P 76

Nothing says
summer like food
on sticks P 46



Neighbour-blocking
backyard decor
(so long, Bob) P 18



Say you, say me,
say bánh mì P 56



6 ways to get a little
more heat between
the sheets P 42



Strawberry desserts
forever P 66



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bladder protection
my curves have been
waiting for."**



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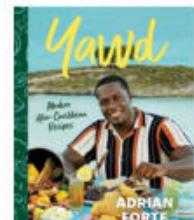
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A little bit of this, a little bit of that



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You Tell Us

Past and present

After flipping through our May/June 2022 issue, one reader wrote in to tell us what she liked—and to share a memento from Chatelaine's past.

Last month's issue is so well done. Not that I don't look forward to every issue, but I feel like the issue had the perfect combination of topics and enough great recipes—from homemade bagels to Vietnamese coffee—to keep me cooking all summer long. I especially loved the article featuring female solo van lifers who embrace their independence. And, as always, the

humour column at the end lets me finish my evening reading *Chatelaine* curled up in bed with a smile.



To finish off my note, I'll share an illustration I just framed from an archival *Chatelaine* booklet my mom had saved. At 37 and single, I've finally bought my first home—a townhouse in Whitehorse, Yukon—and I'm planning a massive wall of framed photos and artwork

We love hearing your feedback on the magazine—please keep it coming. Send your thoughts to letters@chatelaine.com.



that represents women in all our various historical moments and iterations.
—Emily Sheff, Whitehorse, Yukon

The personal is political

On Twitter, our profile of Michelle Rempel Garner ("Michelle Rempel Garner Doesn't Care If You Like Her") sparked conversations about Canadian women in politics.

This is a good read. Rempel Garner has come to the realization words have consequences. She's changing. [@3rdtimewalter](#)

I've known @MichelleRempel on and off for over 20 years. We disagree on a few things,

but I think she plays an important role in shaping a positive future for Canada. Worth a read. [@daveshorr](#)

What will be really great is if, one day soon, all Canadian political parties begin to give female candidates genuine support and place them in ridings that are winnable. Sadly, this has not been the case. [@howardruns](#)

We need to clarify something from our last issue...

Our profile of Michelle Rempel Garner incorrectly stated that a Muslim family from London, Ont., was killed in 2020; the attack occurred in 2021. Chatelaine apologizes for the error.

CHATELAINE

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Linda Bolton
Founder & CEO
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It's Looking A Little Different Around Here

Welcome to our third annual Made in Canada Issue! Part of our mandate at *Chatelaine* is to highlight amazing Canadian brands and makers in every issue, but especially this one: Every product featured on the next 80 pages is either made in Canada or made by a brand that's headquartered here.

We're also excited to unveil our brand new look. Our mission with this redesign? To infuse a little more joy and liveliness into our pages. Like many of you, we've been feeling a bit heavy after these past two pandemic years, and we're ready to kick up our heels. Being magazine geeks, this heel-kicking has taken the form of blowing up the architecture of the magazine—a brilliant idea from one of our longtime contributors, Danielle Groen. We've also added new headline



fonts—like the gorgeous one on this page—made our imagery more dynamic, enlarged our body font and given our pages some additional breathing room.

I'm constantly amazed by the creativity and commitment of our small but mighty team. This redesign was a labour of love for our

creative director, Sun Ngo; art director, Stephanie Han Kim; and deputy art director, Aimee Nishitoba. These three spent countless hours over the past few months retooling every detail of every page of the magazine. Case in point: When I left the office the other day, after hours spent mulling over final layouts, I found Steph and Sun standing outside, holding up a cover proof to see how it looked in natural light. (For the record, it looked great, and I strongly recommend you read this issue outside. Bonus points if you make our *Chatelaine* Caesar on page 77—featuring vodka, Caesar mix, bitters and more from Canadian companies helmed by women—to sip while you flip.)

You'll also notice even more food content in this issue, and in every issue going forward. We're in the process of building a new, cross-Canada Test Kitchen, a dream team of this country's top food talent that includes Suzanne Barr, Diala Canelo, Tara O'Brady, Jennifer Pallian and Julie Van Rosendaal, all of whom have recipes in upcoming issues. I owe a debt of gratitude to our deputy editor of food, Chantal Braganza, for her passion and vision for our food section. (She also developed the gorgeous gelatina mosaico on the last page of this issue.) There is so much delicious stuff in store, and that's all thanks to Chantal.

Enough from me! I hope you love this issue as much as I do. If you do, and you aren't already a subscriber, please consider becoming one. It's the best way to support our work and way cheaper than buying individual issues, so what's not to love? You can do so at chatelaine.com/deal.

A handwritten signature of the author's initials, "mh", in a fluid, cursive script.

Maureen Halushak
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PHOTO, CHRISTIE VUONG; MAKEUP AND HAIR, ROBERT WEIR FOR P1MCA

On the cover CREATIVE DIRECTION BY **Sun Ngo**; PHOTOGRAPHY BY **Christie Vuong**; FOOD STYLING BY **Ashley Denton**; PROP STYLING BY **Catherine Doherty**.



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FASHIONMagazine

THE DISH

A LITTLE BIT OF THIS, A LITTLE BIT OF THAT



X
Turn the page
for Ryan Barclay's
Grilled Okra and
Cantaloupe
Salad recipe.

Welcome to WEEKNIGHT HERO—a simple,
delicious slam-dunk recipe you'll want to cook
again and again, any night of the week.

Grilled Okra and Cantaloupe Salad with Piri Piri Dressing

PREP 20 MIN; TOTAL 30 MIN

SERVES 4 It may be an unusual combo, but this warm salad of sweet melon, smoky cauliflower and charred okra is a delicious medley. Serve it with toast to soak up the extra sauce.

225 g okra (12 to 16 pieces)

- 1 small cauliflower, trimmed and cut in medium florets (about 4 cups)
- 3 tbsp extra-virgin olive oil, divided
- Salt and pepper, to taste
- 1 340 mL jar water-packed roasted red peppers, drained
- 1 cup lightly packed cilantro leaves, divided
- 7 tbsp lemon juice
- 1 tbsp hot smoked paprika
- 2 garlic cloves, peeled
- ½ cantaloupe, peeled and cut in 1½-in.-thick slices
- 8 radicchio leaves, torn
- ¼ cup hulled pumpkin seeds

1. Preheat barbecue to medium-high. Using 4 metal skewers, double-skewer okra, arranging 6 to 8 pieces crosswise over each pair of skewers (or use wooden skewers that have been soaked for 30 min).

2. Toss cauliflower with 2 tsp oil in a large bowl; season lightly with salt and pepper. Transfer cauliflower to a grill basket. Grill, lid closed but opening to turn occasionally, until browned and tender-crisp, 12 min.

3. Meanwhile, combine red peppers, ½ cup cilantro, lemon juice, paprika, garlic and 2 tbsp oil in a small blender or food processor; blend until smooth. Season with salt and pepper. Set aside.

4. About 5 min before cauliflower is done, brush okra skewers with remaining 1 tsp oil and sprinkle lightly with salt and pepper. Add okra skewers and cantaloupe slices to grill. Continue to grill with lid closed, turning skewers and cantaloupe halfway, until okra is charred and tender-crisp, and cantaloupe is caramelized and grill-marked.

5. On a large platter or 4 serving plates, arrange radicchio. Top with warm cauliflower, okra and cantaloupe. Drizzle with desired amount of dressing. Scatter with remaining ½ cup cilantro and pumpkin seeds. Serve remaining dressing on the side.



GRILLING TIP

Double-skewering the okra makes it easy to turn the pieces on the grill and keeps them from falling through the grates.



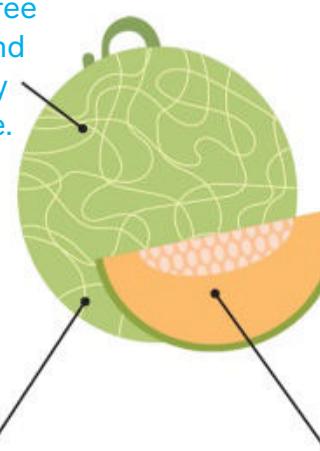
RYAN BARCLAY STYLES AND DEVELOPS WHOLE-FOOD, PLANT-FORWARD RECIPES. HE IS BASED IN TORONTO.

GARDEN VARIETY

You can substitute any in-season fruit for the cantaloupe: firm ripe pears, peaches or apricots. You may need to chop and skewer them before grilling.

How to pick 'em

The melon should be free of dents and feel heavy for its size.



The cantaloupe rind should be firm but yield a little to the touch.

The melon should smell slightly sweet.

RYAN'S FAVOURITE JARRED PEPPERS



SAVÖR ORGANIC ROASTED RED PEPPERS, \$6.99, SPUD.CA.



LONGOS SLICED ROASTED RED PEPPERS, \$2.99, LONGOS.COM.



UNICO FLAME ROASTED PEPPERS, \$4.49, LOBLAWS.CA.

* STYLE CRUSH *

The Bold Type

A graphic designer dresses herself happy—and inspires others to do the same

Manny Martins-Karman

• MANNYKARMAN
58, WINNIPEG

Graphic designer and content creator Manny Martins-Karman (who has more than 41K followers on TikTok, where she shares daily fashion inspo) believes in the mood-boosting power of bright colours—and of wearing whatever the hell you want. "This outfit makes me feel on top of the world," she says of her zesty take on the classic jeans-and-blazer combo. "So many people my age think that they should follow some arbitrary rules about what is appropriate to wear. But this is my time to shine, and I'm gonna live out loud and proud."



READ, WATCH, DO

Agenda



GRAB YOUR SUNNIES

Bask in the glory of summer at these outdoor fests



Festival d'été de Québec (FEQ) • July 6 to 17

Quebec's largest outdoor music festival is back and more dynamic than ever. FEQ now runs for 12 days instead of 11, with acts like Jack Johnson, Halsey, Alanis Morissette and Rage Against the Machine punctuating the vast lineup of performers. feq.ca.

Great Northern Arts Festival • July 8 to 17

The Northwest Territories is a treasure trove of culture. Thankfully, the Great Northern Arts Festival has been gathering artists, designers and performers from across the territories every summer since 1989. Learn about soapstone carving, birchbark basketry and the delicate process of drum making at this 10-day exhibition. greatnorthernartsfestival.org.

Calgary Stampede • July 8 to 17

A proudly volunteer-driven event, the Calgary Stampede is about giving back and highlighting the city's rich community spirit. Expect rodeos, freestyle motocross, live music, exhilarating carnival rides and, most importantly, a first-hand look into Western agriculture. calgarystampede.com.

Caribana Toronto • July 28 to August 1

North America's largest celebration of Caribbean culture is back after a hiatus due to COVID-19. While Caribana is celebrated throughout July, the festival reaches its peak on the last weekend of the month with show-stopping costumes, pageants, parties and the long-awaited return of the Grande Parade. caribanatoronto.com. — Cessi Treñas



EARN YOUR BADGES

The outdoors is for everyone—and these groups are here to prove it with workshops to bring beginners into the wild. Don't forget the trail mix!



GIRLS WHO FISH NL

Get the full boat-to-bowl experience with this program from non-profit Fishing for Success. The group meets twice a month and empowers women to master the skills of Newfoundland and Labrador's handline cod fishery. Women of all ages learn to repair boats, fillet fish and prepare seafood dinners. facebook.com/Girlswhofishnl.



GET OUTSIDE

Feeling nervous about your ability to rough it in the wild? Get Outside will help you build the skills you need to trek with the best. The Hiking for Fitness series in the Canadian Rockies progressively ups the ante so that participants are ready to tackle hikes of up to 15 kilometres by the end of the season. getoutsideadventures.ca.



PADDLE LIKE A GIRL

Paddle Like a Girl's exciting three-day workshops in Magnetawan, Ont., will have even the most extreme land-lubbers confidently paddling a canoe in no time. You can't beat the thrill of tapping into your inner Hulk and hoisting a canoe over your shoulders for a portage. paddlelikeagirl.com. —Grace Hunter

GIRLS WHO FISH NL PHOTO: FISHING FOR SUCCESS. GET OUTSIDE PHOTO: KARLLEE. PADDLE LIKE A GIRL PHOTO: KAT WONG. GREAT NORTHERN ARTS FESTIVAL PHOTO: GREAT NORTHERN ART FESTIVAL. ICONS THROUGHOUT: ISTOCKPHOTO.



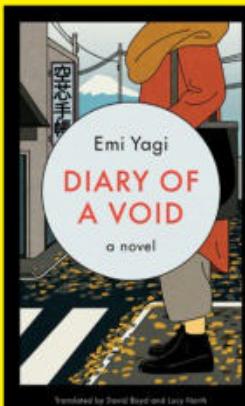
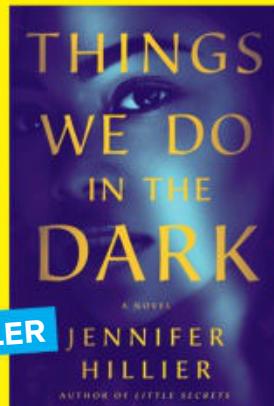
GET READY FOR THE BIG SCREEN

We were onto something when we included Delia Owens' bestseller, *Where the Crawdads Sing*, in our 2020 virtual book club. Reese Witherspoon's production company, Hello Sunshine, has adapted the coming-of-age mystery—about a solitary girl who lives in North Carolina swampland and is the subject of much small-town gossip, and the shocking murder of a handsome local—into an atmospheric film starring *Normal People's* Daisy Edgar-Jones.

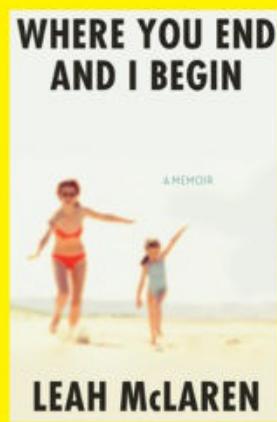
In theatres July 15.
—Patricia Karounos

WHERE THE CRAWDADS SING PHOTO, SONY PICTURES ENTERTAINMENT

THRILLER



HISTORICAL FICTION



Ultimate Summer Reads

Grab a cool drink and your comfiest patio chair—these five page-turners are bound to keep you busy

Things We Do in the Dark by Jennifer Hillier

Paris Peralta wakes up covered in blood and clutching a straight razor; her celebrity husband is dead in their bathtub. She's (obviously!) the prime suspect—a mess complicated by her secret identity, hidden for nearly two decades. Hillier takes readers for a dizzying spin. *July 19.*

Where You End and I Begin by Leah McLaren

When journalist McLaren was a teen, her mother revealed a secret: From age 12, she'd had a years-long sexual relationship with her middle-aged riding instructor. The effects of this trauma ripple through both women's lives, and as an adult McLaren confronts the fraught nature of their tangled relationship. *July 26.*

Diary of a Void by Emi Yagi, translated by David Boyd and Lucy North

Forced to leave her previous job after being sexually harassed, Ms. Shibata lands a new gig at a manufacturing company. As the only woman, she's

forced to take on menial chores. One day, she announces her pregnancy, instantly affording her better treatment. Trouble is, she isn't pregnant. This prizewinning debut sheds light on patriarchal attitudes toward motherhood. *August 9.*

Haven: A Novel by Emma Donoghue

Set in seventh-century Ireland, *Haven* follows a scholar-priest who is compelled to found a monastery after God, in a dream, instructs him to leave the world and its sins behind. This tale is told with Donoghue's signature talent for world building. *August 23.*

Making Love with the Land by Joshua Whitehead

Novelist Whitehead turns to non-fiction in this illuminating exploration of queerness, Indigeneity and mental health. An Oji-Cree/Néhiyaw, Two-Spirit/Indigiqueer author, he employs multiple genres—including essay, memoir and confession—in this vulnerable work. *August 23.*
—Naoko Asano

* BEST OF THE BEST *

The Best Hot Sauces



1. SWEET HEAT

Honey Garlic, Purple Tongue Hot Sauce

Scoville-rocking Carolina reaper and Bhut Jolokia (ghost) peppers feature heavily in Purple Tongue's six-sauce range. Their Honey Garlic won both the Hot and Best Overall categories at the 2021 Heating up the Capital Hot Sauce Expo. \$15, purpletonguehotsauce.com.

2. CHUNKY!

Holy Smoked Pepper Sauce, Spice of Life

This goes-with-everything option is made

with fiery habanero and a kiss of liquid smoke. \$10, spiceoflifeselections.com.

3. PACKED WITH PUNCH

Bad Guy, Villain Sauce Co.

The exceptional Bad Guy is full of attitude. It balances a treacherous entourage of Carolina reaper, scorpion, ghost and habanero peppers with tropical pineapple and dried mango. \$12, villainsauceco.ca.

4. WHITE HOT!

Korova, Fired Up Foods

The

unconventional Korova is made with white Trinidad scorpion peppers, coconut cream and lime. The resulting bright and punchy white (!) sauce has an aromatic bouquet of lemongrass, ginger and garlic. \$10, firedupfoods.ca.

5. LOW SODIUM

Do Fear the Reaper, Salem's Lott Scary Hot Sauces

Caribbean-inspired Do Fear the Reaper traps the blazing heat of both Carolina reaper and scotch bonnet peppers in an explosive

blend of sugary pineapple, carrots and shallots. \$11, salemstotthotsauces.com.

6. CURRYLICIOUS

Anti-Virus 19, The Capsaicin Cartel

This medium-hot curry-spiked sauce features an intimidating blend of Trinidad Moruga scorpion, Jay's peach ghost scorpion, Spanish red habanero, ghost and 7-pot peppers. \$14, thecapsaicincartel.com

7. CHEF'S SPECIAL

Apiary Ablaze, Smoke & Tears

Co-founder Kevin Rickey uses pickling and light smoking techniques to create sauces that are less about flame and more about flavour. Apiary Ablaze incorporates local honey and whole-grain mustard into a sumptuous elixir. \$12, smokeandtears.ca.

8. VERSATILE AND ULTRA HOT

Red Serrano & Reaper, Pepper North

Chipotle, lime juice and maple syrup cut through the red serrano and Carolina reaper base

Hot sauces have the magical ability to make any dish more alive—and homegrown brands are truly bringing the heat. We tried more than 120 lip-tingling, made-in-Canada sauces; here are 15 of our favourites

WRITTEN BY Renée S. Suen PRODUCED BY Stephanie Han Kim PHOTOGRAPHY BY Christie Vuong
FOOD STYLING BY Ryan Barclay PROP STYLING BY Catherine Doherty



in this sriracha-inspired sauce. \$13, peppernorth.com.

9. SNEAK ATTACK

Bazodee, Firecracker Pepper Sauce

Carmen and Michael McCracken originally made their Trinidadian-style pepper sauces as wedding favours. They now produce four scotch-bonnet-infused sauces, including Bazodee, an unadulterated pepper blend that's laced with the lingering heat of Trinidad scorpion peppers. \$13, firecrackerpepper.com.

10. COMPLEX FLAVOUR BOMB

Starless, Hurt Berry Farm

This robust mole-style sauce blends ancho and pasilla chilies with two types of smoky chipotles (meco and morita). A mélange of flavours ties it together, including mushrooms, Canadian maple syrup, dark cocoa and coffee. \$13, hurtberryfarm.com.

11. GOES WELL WITH ALMOST EVERYTHING

Original Hot, Dawson's Hot Sauce

Original Hot reels in the unsuspecting with

a smooth cane-sugar-sweetened, garlicky opening volley, then smacks them in the mouth with unabating heat from red habanero peppers. \$12, dawsonshotsauce.com.

12. TRY IT ON ICE CREAM!

Calypso, La Pimenterie Spiked with ají limón and scotch bonnet peppers, Calypso makes just about anything—even ice cream—taste of sunshine thanks to its pineapple, ginger and lime

juice notes. \$11, lapimenterie.com.

13. PERFECT HEAT

The Riptides Present! Red Dawn, Haico's Hot Sauce

Haico Krijgsman's intense sauces have amassed a cult following. The manageable Red Dawn features cayenne and ring of fire peppers, while sweet vidalia onions and maple syrup help quell the burn. \$12, haicoshotsauce.com.

14. FRUITY AND APPROACHABLE

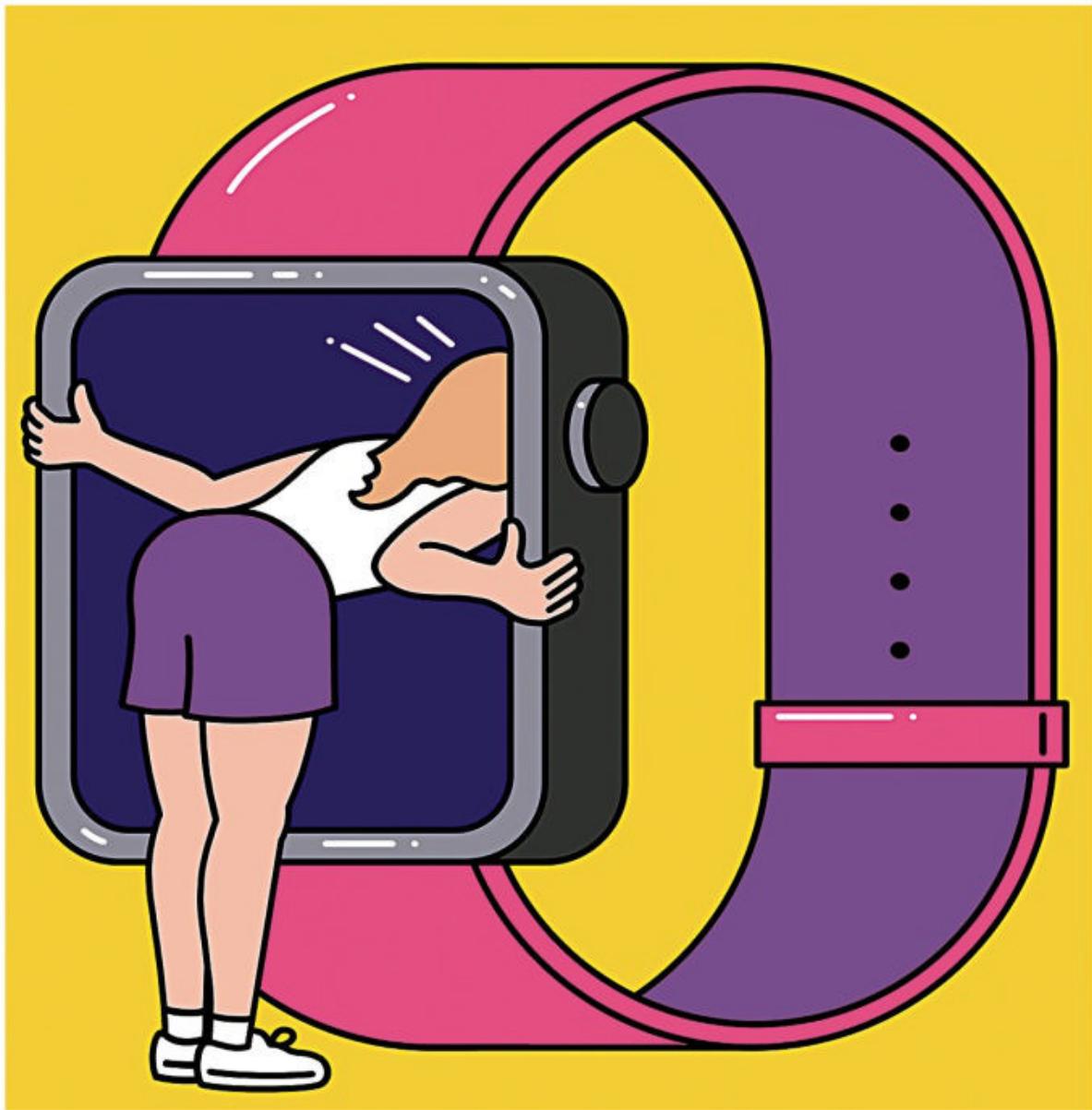
Pineapple Habanero, Heartbeat Hot Sauce Co.

Made in Thunder Bay, Ont., this sauce pairs Sleeping Giant Brewing Company's Beaver Duck session IPA with pineapple, yellow bell pepper and a touch of habanero heat. \$12, heartbeathotsauce.com.

15. GREAT FOR WINGS

The Original Goat, Ginger Goat

A zippy tropical concoction of smoked pineapple, ginger, garlic and head-buttingly hot Carolina reaper peppers. \$12, gingergoat.ca.



* HOW TO HEALTH BETTER *

What Fitness Metrics Are Actually Worth Tracking?

WRITTEN BY **Mariyam Khaja** ILLUSTRATION BY **Sam Island**



FITNESS TRACKERS have skyrocketed in popularity in recent years: In 2020, the Pew Research Center found that one in five Americans owned one, with the global industry valued at more than US\$36 billion. Popular trackers include Fitbit, Garmin and Apple Watch, the latter of which produces a satisfying set of closed rings as you hit daily movement, exercise and standing targets. But while these wearables track many metrics, not all of them are meaningful. Martin MacInnis, a kinesiology professor at the University of Calgary who heads a research group that studies the body's response to exercise, weighs in on which measurements are actually worth tracking.

HEART RATE This is a good indicator of the intensity of your workout. Moderate exercise should raise your heart rate to 64 to 76 percent of its maximum, which varies by age. However, the more you do a specific type of exercise, the more your heart rate should decrease. If you start, say, running five kilometres at a consistent speed a few times a week, your heart rate should be lower two months into that routine than it was when you started, indicating better fitness.

STEPS Tracking steps is useful for monitoring your movement but not necessarily the amount of exercise you're getting. That's because step count doesn't reflect intensity—5,000 running steps that increase your heart rate are better exercise than 5,000 slow steps from a lengthy stroll.

SLEEP Apple Watch and various models of Garmin and Fitbit all track sleeping heart rate and other metrics to estimate overall sleep quality. But MacInnis says adjusting sleeping patterns based on whether you feel rested in the morning is more important, regardless of what your tracker says.

VO₂ MAX This metric, which describes the amount of oxygen (in millilitres) your body (in kilograms) can take in (per minute) and send to muscles to turn into energy while exercising, is a good marker of health and fitness. The more active and fit you are, the higher your VO₂ max. In the lab, MacInnis compares VO₂ values before and after various training programs to test their efficiency. You can do something similar with your wearable by noting your VO₂ values at baseline and again after a few weeks of consistent exercise. A good goal is to increase your VO₂ max by three to four millilitres per kilogram per minute in four to eight weeks, but any increase is positive.

CALORIES Garmin and Apple Watch specify the number of calories burned through exercise versus those burned passively, while Fitbit only shows total daily burn (though the app provides more details). But there isn't a number of calories doctors recommend burning each day—and getting in 150 minutes of moderate exercise a week is a better indicator of overall health. Garmin's Intensity Minute feature tracks moderate and vigorous exercise, while Fitbit's Activity Zone Minutes estimates your exercise intensity. Both trackers set weekly goals for exercise, whereas Apple Watch has a daily goal of 30 minutes of activity that's at or above a brisk walk. ☺

GIVEN THAT runners are a notoriously brand-loyal bunch, launching a new shoe is a big step. It's less so, however, if you're already a beloved activewear brand.

Enter the Blissfeel, the first of four Lululemon kicks to roll out this year—and one of a handful of running shoes designed specifically for women.

"A lot of women tell us that a shoe doesn't fit because they have weird feet," says Katie Manser, lead researcher at California-based Heeluxe, a shoe-testing lab that helps brands make better footwear. "But they don't have weird feet: They have women's feet, and the shoe is intended for men." Indeed, most women's running shoes are made using the same forms as men's, though our feet are wider at the ball and narrower at the heel. (We also need softer cushioning.)

The Blissfeel is made from a built-from-scratch form that was developed from customer feedback and more than 1 million 3-D foot scans. "Women told us what they wanted their performance shoes to feel like," says George Robusti, Lululemon's vice-president of footwear design. "Like they were made for them."

After multiple test runs, *Chatelaine* can confirm the shoe is very comfortable. It's supportive but lightweight enough that you can forget you're wearing it and just focus on your run. Bliss-ion accomplished. \$198, lululemon.com.

TIP

Ultimately, comfort should be your guide when choosing a running shoe. Discomfort limits movement and can lead to repetitive injuries.

TRIED IT, LOVED IT!

IN HER SHOES

Lululemon's just-launched Blissfeel was designed specifically for female runners. Here's why that matters.

(Even if you love
your neighbours)

HOW TO **Make Your Backyard More Private**

As Robert Frost once wrote, “Good fences make good neighbours.”

But let's be real: Good fences aren't cheap. Here are three budget-friendly—but still stylish—ways to create privacy outdoors

WRITTEN BY **Mandy Milks**
ILLUSTRATIONS BY **Elyssa Padillo**



I **TAKE COVER WITH A SAIL**

If you have neighbours who can see down at you, a sail will add horizontal privacy as well as cover from the sun. One caveat: You'll need to attach the corners to strong posts. This may require having posts installed, but that's still way cheaper than springing for full fencing. Most sails come with extra rope and springs so you can adjust the fit to your space. You can also get a local sewing company to make a custom option for you. Like the vibe of a sail, but don't need the overhead privacy? Consider white outdoor drapes. In addition to coverage, they give off sleek coastal vibes.

2

PLANT TALL EVERGREENS

Tall plants perform double duty by adding natural privacy and greenery. Choose plants, such as junipers or cedars, that grow quickly and stay green all year long. If you're patient—and on board for some manicuring—opt for smaller, less expensive shrubs that will grow into each other and then, with some pruning, create a wall. Ask your local garden centre to recommend fast-growing plant varieties appropriate for your climate and exposure, and don't forget to check about a warranty. On a balcony, add a row of tall potted plants (real or faux).

**3**

INSTALL TRELLIS PANELS

Trellis panels are traditionally used to anchor climbing plants, but they can also create an inexpensive division between you and your neighbour. Anchor panels in the ground with metal fencing stakes, tie them to chain-link fencing or screw them onto heavy planter boxes (there are also planters that come with trellises already attached). Modernize the look by painting panels black, which makes greenery pop. You can use trellis panels on a balcony as long as they are safely secured.



4 other ways to avoid Bob from next door



Privacy screens are a great solution for balconies or small patios. You can hang planters and lanterns on them. *Linear privacy screen, \$449, hauserstores.ca.*



Sleek and modern raised planters give height to your plants and add another layer of separation. *Dalya raised planter, \$215, southshorefurniture.ca.*



Create an outdoor room of your own with this sun-blocking roller blind. *Coolaroo roller blind, from \$119, leevalley.com.*



If you have the space (and the DIY confidence), an outdoor pergola kit is far less pricey than having one built. *Pergola kit, from \$1,485, tojagrid.ca.*

* SHOP CANADA *

FROCK AND ROLL

At the top of our summer shopping list? A roomy dress that's a breeze to wear even on sweltering days. Bonus: These six slow-fashion picks all have pockets!

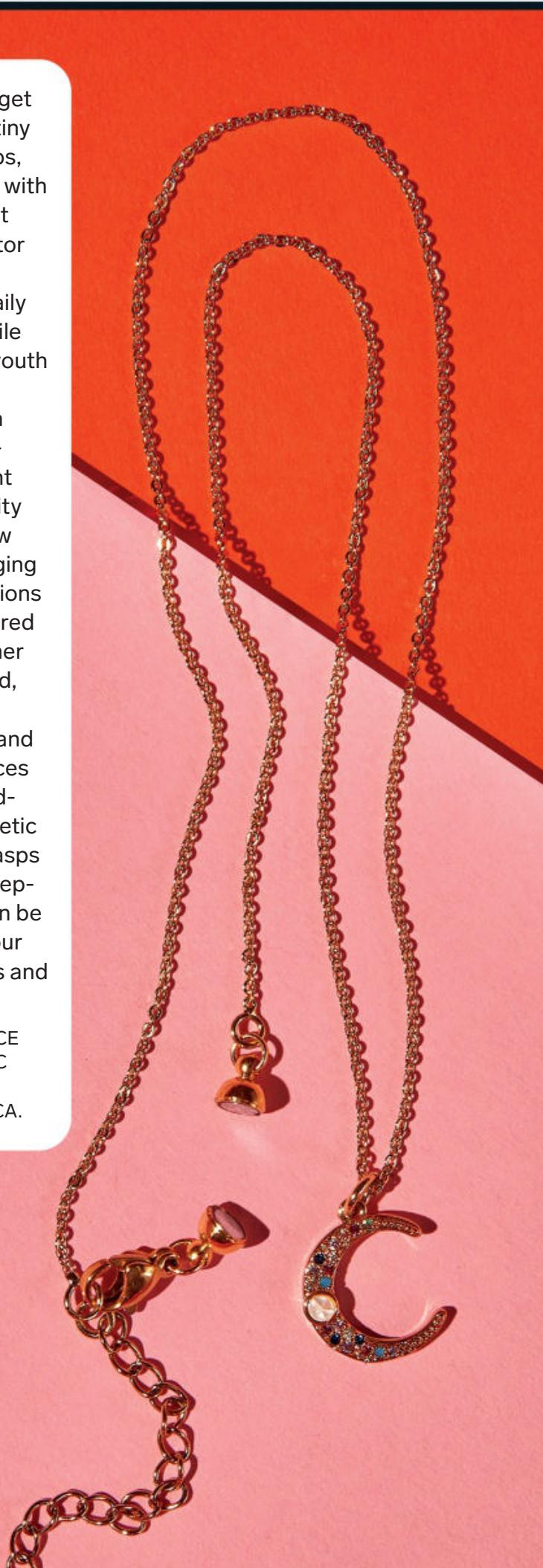


1. We love this dress' simple silhouette and square neckline. *Linen A-line dress*, \$148, freelabel.com. 2. Wear this versatile ankle-length sundress alone or layered over a tee. *Jennifer Glasgow linen midi dress*, \$275, madeinland.ca. 3. Easy to dress up or down, this delicately patterned frock is a great year-round wardrobe staple—just add an oversized cardigan and a pair of ankle boots when temperatures drop. *Linen-blend dress*, \$154, masmontreal.com. 4. This tiered maxi-dress is the perfect throw-on-and-go option for those who love a pop of colour. *Cotton maxi-dress*, \$350, abronzeage.com. 5. Extra coverage prevents gaping, making for a surprisingly secure wrap-style design. *Organic cotton wrap dress*, \$215, lightsofall.com. 6. Leopard print gives this wear-anywhere baby-doll dress an edge. *Printed linen dress*, \$239, allisonwonderland.ca.

Everyone can get frustrated by tiny jewellery clasps, but for people with conditions that affect fine motor skills, accessorizing is a daily challenge. While working with youth with cerebral palsy, Amanda Sottile, a kinesiology student at the University of Toronto, saw how life-changing adaptive solutions can be. It inspired Haven & Co., her jewellery brand, which offers a mix of classic and trendy necklaces with strong, adjustable magnetic clasps. The clasps are also sold separately and can be fastened to your own necklaces and bracelets.

MOON NECKLACE WITH MAGNETIC CLASP, \$28, HAVENANDCO.CA.

Easy Does It



PRODUCED BY: ANDRÉANNE DION, NECKLACE PHOTO: CHRISTIE VUONG, OFF-FIGURE STYLING: TRICIA HALL.



Bottle Service

Self-tanners have come a long way in the texture department. Case in point: Montreal-based Nuda, which specializes in mousses and mists. Need to brush up on your self-tan technique? We asked co-founder Geneviève Beaulieu to share her top tips for a flawless faux glow.

1. Ease into it

"Choose a shade close to your skin tone for natural results and increase the intensity gradually."

2. Prep the skin

DHA—a.k.a. dihydroxyacetone, the main active ingredient in self-tanners—works by reacting to amino acids in the top layer of skin, which leads dry areas to darken faster. To avoid patchiness, exfoliate and

hydrate thoroughly before applying, paying special attention to hands, knees, elbows and feet.

3. Ace your application

For your face, try a lightweight mist or hydrating serum, such as Nuda's newly launched Hyaluronic Acid Self-Tanning Serum (\$60; nuda.ca). Hands and feet are notoriously hard to get right. The most common

culprit: too much product. Beaulieu recommends using the leftovers from your full-body application. "Always use a mitt to avoid staining."

4. Fix mistakes

Missed a spot? Spritz with a self-tanning mist. Streaks? A paste of baking soda and lemon juice can help fade them. Massage into skin for five minutes, then scrub with a washcloth.



BEAUTY TALK



"A little goes a long way with this highlighter. The formula is lightweight and easy to blend, delivering the perfect golden summertime glow, and the small tube makes it easy to bring along for quick touch-ups throughout the day." — Genie, 45, Burnaby, B.C.



CHEEKBONE BEAUTY GOLDENROD ILLUMINATOR LIQUID HIGHLIGHT, \$29, CHEEKBONEBEAUTY.COM.

Only 20 percent of us believe Canada should remain a constitutional monarchy. But making like Barbados—which recently removed the Queen as ceremonial head of state—is complicated. Here's what it would actually take for a royal send-off.

Should Canada Finally Abolish the Monarchy?



On April 29, 2011, Prince William and Kate Middleton were married at Westminster Abbey in front of 1,900 guests—and a world that couldn't look away. The wedding was broadcast in more than 180 countries, including Canada, where 12 million of us tuned in. Royal memorabilia, from tea towels to marmalade, flooded the market. After a difficult 14 years following the death of Princess Diana, media coverage was overwhelmingly positive. While a 2010 Angus Reid poll found that only 36 percent of Canadians wanted the country to remain a monarchy, by June 2011, when the newlyweds embarked on their first royal tour of Canada, a follow-up poll found there had been “a positive change in Canadian opinions of individual royals.” Amid all of the attention paid to the Windsors that year, 58 percent of Canadians believed Canada should remain a monarchy.

Things have since gone downhill.

WRITTEN BY
Stacy Lee Kong



By 2016, yet another Angus Reid poll found that while Queen Elizabeth II remained remarkably popular, fewer than half of Canadians—46 percent—were interested in one day recognizing her successor, Prince Charles, as king. And only 42 percent believed Canada should remain a constitutional monarchy.

Then came a very bad 2021. Prince Harry and Meghan Markle gave an internet-breaking interview with Oprah Winfrey,



NOVEMBER 1951

Princess Elizabeth and Philip, the Duke of Edinburgh, embark on a 33-day tour of Canada; millions of supporters turn out at events across the country.



JUNE 1959

On the eve of another royal tour, CBC host Joyce Davidson causes an uproar after saying Canadians were “annoyed” to still be dependent on the monarchy.

revealing that a member of the royal family had made racist comments about how dark their son's skin might be, among other eye-popping details. Virginia Giuffre, the woman who accused Prince Andrew of sexually assaulting her when she was a teenager, launched a civil lawsuit against him. And Barbados announced it would be officially cutting ties with the Queen. By March 2022, the public opinion firm Research Co. found that only one in five Canadians “express an outright preference for Canada to remain a monarchy.”

There has long been talk of removing the sitting British monarch as our head of state, and with new factors coming into play—including Canada’s shifting demographics, the revival of anti-colonialism and the eventual ascension of Prince Charles—the issue will continue to be part of the national conversation. But what would it actually take for Canada to abolish the monarchy?



A quick refresher: Canada is a constitutional monarchy, which means the monarch (in our case, Queen Elizabeth) is head of state but does not have absolute power—her decision-making ability is limited by a governing body of elected officials (Parliament).

In total, the British monarchy remains head of state for 14 countries. Many of them are former British colonies, and all have discussed, to varying degrees, severing ties. Barbadian politicians had been considering republicanism since the mid-1990s, says Cynthia Barrow-Giles, professor of constitutional governance and politics at the University of the West Indies, and at least six other Caribbean countries say they also intend to remove the Queen as head of state. Elsewhere, Australia held a referendum on whether the country should become a republic in 1999. (The majority of Australians voted against the idea.) But Canada has never seen a significant mainstream movement to abolish the monarchy.

“Republicanism has ebbed and flowed in Canada since the middle of the 19th century, when a wave of reformist revolts swept Europe, including Britain,” says Tom Freda, national director of Citizens for a Canadian Republic, an advocacy group that has been pushing to cut ties with the monarchy since 2002. “Fuelled by an influx of American settlers, the

British colonies of what is now Canada were not immune to the same wave.”

The Upper and Lower Canada rebellions of 1837 and 1838 were about securing better representation for residents of the then British colonies. Up to that point, colonial politicians answered to British Parliament, not their citizens. But while both rebellions were inspired by republicanism, they resulted in responsible government—a system in which constituents could elect representatives who would, in turn, answer to them (the foundation of parliamentary democracy in Canada).

By the 1950s and '60s, anti-monarchist sentiment became more common among the country’s intellectual elite, though public opinion remained mixed. In 1959, not long before Queen Elizabeth and Prince Philip embarked on a six-week royal tour of Canada and the U.S., Joyce Davidson, the host of the CBC program *Tabloid*, was a guest on the *Today* show. When asked if she was looking forward to the tour, Davidson replied, “Like most Canadians, I am indifferent to the visit of the Queen. We’re a little annoyed at still being dependent.” The resulting uproar changed the trajectory of her career: According to a *Globe and Mail* obituary of Davidson, who died in 2020, the CBC received 593 phone calls (540 of them negative) and 1,861 letters (1,300 of them positive) about the interview. Despite the latter show of public support, Davidson lost sponsorships and was briefly suspended from the network. *Chatelaine* even reported on her experiences in a 1960 article titled “Must I Leave Canada?” (The following year, Davidson moved to New York.)

By the 1970s, however, republicanism had become a politically taboo topic in Canada, says Freda. “[That’s when] the Monarchist League of Canada was formed by conservatives, specifically to counter Prime Minister Pierre Trudeau’s progressive policies. Anti-Americanism was probably at its peak at this time, and any debate that was remotely perceived as making Canada ‘more American’ was widely shut down. “Canada was [also] a lot less multicultural in the 1970s,” he says. “But probably the biggest influence on republicanism remaining taboo was Quebec nationalism. The monarchy was the number 1 symbol of English Canadian culture. Therefore, any attempt to minimize its prominence was considered capitulating to francophones.”

Two decades later, cutting ties with the royals was back on the table. John Manley, who served in Prime Minister Jean

Chrétien's Liberal government, was an outspoken critic of the monarchy. In the late 1990s, Chrétien briefly floated the idea of removing the Queen as head of state, to coincide with the start of the millennium. The public outcry was swift, and he was the last Canadian leader to seriously consider it.



Attitudes toward the royals have always oscillated, notes Carolyn Harris, a Toronto-based historian and royal commentator. "Early in Queen Elizabeth's reign, royal tours were seen as events that brought people together," she says. "Now, they're often an opportunity to discuss and debate the history of the monarchy and its future in Canada." That's exactly what happened during the recent three-day Canadian tour of Prince Charles and Camilla, Duchess of Cornwall. The short visit prompted enough speculation about the future of the monarchy in Canada that Prime Minister Justin Trudeau weighed in, telling reporters that, regardless of polling numbers, Canadians aren't "preoccupied" with constitutional change.

Still, there are several factors that help explain why public opinion has ebbed so much in recent years, including Canada's increasingly diverse population and recent conversations about racism, colonialism and inequality.

"By 2031, it is estimated that one in three Canadians could belong to a visible minority, while one in four will be foreign-born. The latter is the highest proportion since the conclusion of the last wave of mass immigration that originated around 1913," explains Kimberley Ducey, associate professor in the University of Winnipeg's department of sociology and co-author of *Revealing Britain's Systemic Racism: The Case of Meghan Markle and the Royal Family*. Many also have roots in countries that were exploited or mistreated by the British under colonialism and, as a result, have what Freda calls "a less indoctrinated view" of what the monarchy represents.

Perhaps more relevant, though, are the younger generation's socially conscious political views. "George Floyd's murder revived anti-colonialism, including in western Europe," says Ducey. "I think this is part of the story. These protests build on centuries of international abolitionist and anti-colonialist protests."



Meghan Markle tells Oprah that while she was pregnant with son Archie, some royals had "concerns and conversations about how dark his skin might be when he's born."

Just look at the reaction to William and Kate's royal tour to the Caribbean earlier this year, when terrible photo ops, protests by Indigenous groups and the news that Jamaica was looking to join Barbados in removing Queen Elizabeth as head of state only drew attention to what many see as the monarchy's inherent inequality—not to mention its history of subjugating Indigenous, Black and other racialized people. As Karen Attiah argued in the *Washington Post*, the optics of that tour were so bad, it may have been a boon for the republican cause. "Maybe it's good for the world to see the British monarchy for the symbolic mess that it is," she wrote. "And it provides us an opportunity to bear witness to Black and Indigenous rebellion against the spectacle." To this point, when Charles and Camilla were in Canada, they met with the national chief of the Assembly of First Nations, RoseAnne Archibald, who called for the Queen to apologize for the Crown's "ongoing failure to fulfill its treaty agreements" as well as "to survivors and intergenerational trauma survivors" for the abuses that took place at residential schools.

And then there's the impact of tabloid culture. Ducey believes such coverage "only superficially impacts Canadians' opinions on the monarchy," but she acknowledges that some news events—the Oprah interview among them—are "extreme" enough to gain traction.



While countless polls have shown that an increasing number of Canadians support removing the monarch as head of state, Cristine de Clercy, an associate professor in Western University's political science department and director of the school's Leadership and Democracy Lab, says this could change if pollsters noted the potential negatives—in the form of legal wrangling and expense—that doing so could have. "If you make people think about the tangible downsides of change," she says, "I think a lot more people would be like, 'No, we like the current system.'"

A change of this magnitude would require the federal government, all provincial and territorial governments and the Senate to agree not only that Canada should institute a new head of state, but also exactly how that alternative would



As Barbados transitions to a republic, Prince Charles attends the inauguration of President Sandra Mason (centre) alongside Prime Minister Mia Mottley.

work—across party and political lines, no less.

Changing the Crown wouldn't only require amending our Constitution, but substantially rewriting it. This isn't impossible: India, South Africa, Sri Lanka and Guyana, among others, have all done it. But in Canada in particular, doing so is complicated.

For example, what about Quebec? As John Fraser, founding president of the Institute for the Study of the Crown in Canada, points out, Quebec isn't part of our constitution. In 1982, Canada took the Constitution Act of 1867 back from Britain, which meant the country's highest law was now subject to the authority of the federal and provincial governments instead of British Parliament, a change that came with various amendments and a new Charter of Rights and Freedoms.

During the 18-month legal struggle to craft a document that all of the provinces could agree to (many were concerned that it would centralize power in the federal government), Quebec was eventually cut out of negotiations. As a result, Premier René Lévesque wouldn't sign it, and subsequent attempts to bring the province into the Constitution via the

Meech Lake and Charlottetown accords failed—the latter of which was ultimately rejected in a public referendum. "These were constitutional-change proposals that were, in many senses, smaller than what is proposed by replacing the Crown," says de Clercy. "Both went down in flames after citizens spent years debating their merits." (It's worth noting that Barbados did not hold a referendum before deciding to sever ties with the monarchy, and its governing party holds all 30 seats in its national legislature.)

Another consideration: How would such a change impact the existing relationship between Canada and First Nations? As Cree lawyer Delia Opekokew explained in an October 2020 episode of TVO's *The Agenda*, "The original treaties were signed with the representatives of the Crown in early years in the right of Great Britain and later on in the right of Canada...and for those reasons, symbolically, it's very important for many Indigenous people, especially the Elders, to maintain that relationship with the Crown." But, she notes now, that sentiment is changing. This is partially due to the monarchy's relative silence on the "assimilation and genocide of Indigenous children" and partially due to the federal, provincial and territorial governments' commitment to "honour, respect and comply" with treaties. (Jennifer Cooper, spokesperson for Crown-Indigenous Relations and Northern Affairs Canada, confirms that "after 1867, the Government of Canada assumed all control over Indigenous affairs, including the signing of treaties with First Nations. The Crown is the legal name for the British and later Canadian governments: federal and provincial.")

Finally, in de Clercy's thinking, there's one particularly compelling reason why she doesn't expect to see this change actually take root: "Our system of government works very, very well," she says. "The necessary ingredient that usually drives such dramatic changes is that the existing system is falling apart. So, lacking really deep dysfunction, I really don't think I'm going to see Canada move to a republican system in my lifetime."

Of course, this conversation is happening in one context: The Queen, who is still very popular in this country, is the monarch in question. But what happens when the throne passes to Prince Charles—a monarch about whom Canadians are decidedly meh—as our increasingly diverse country continues to grapple with its own legacy of colonialism? What's currently viewed as a needlessly risky political move may eventually seem entirely necessary. ☰

"Early in Queen Elizabeth's reign, royal tours were seen as events that brought people together. Now, they're opportunities to debate the history of the monarchy and its future in Canada."



MARCH 2022

In a glaringly insensitive photo op, Prince William and Catherine, Duchess of Cambridge, shake hands with schoolchildren through a chain-link fence while on a royal tour of the Caribbean that was riddled with protests.



MAY 2022

On a visit to Yellowknife, N.W.T., Prince Charles acknowledges the suffering of residential school survivors but does not address requests from Indigenous leaders for an apology from the Queen.

Slice of Life

I swear that every wedding cake I make will be my last. But the sweet reward keeps me coming back

WRITTEN AND FOOD STYLED BY
Camilla Wynne

PRODUCED BY
Aimee Nishitoba

PHOTOGRAPHY BY
Erik Putz

AS

we cruise down the highway at top speed, windows down and Rolling Stones blasting from the radio, I wish I'd waited to rub the fondant-covered wedding cake with Crisco—a baker's trick for adding shine, but also sticky—until we got to the venue. My friend Maggie and I are balancing three tiers of cake on our laps, crammed into the front seat of a lime-green pickup driven by her dad. He sings along merrily, gesticulating while smoking a cigarette. As the wind sends ash blowing through the truck cab, I try to will it away from the cake with the power of my mind.

I'd arrived in Vancouver a few days earlier to make a wedding cake for an old friend—my gift to the couple. I was staying with Maggie, who would be my wedding date. I'd packed cake pans, palette knives and a bench scraper after sending her a list of all the equipment I needed that she might not have. She met me at the train station and, after a celebratory meal of karaage and kimchi udon at an izakaya, we retired for the night.

Maggie left for work the next morning. While I wandered through her loft, searching for coffee, I noticed a problem. Maggie's kitchen, where I would ostensibly make a wedding cake for 100 people over the next few days, was equipped with just a hot plate, a toaster oven and a mini fridge. Everything I take for granted as a pastry chef came into stark relief. Never would I have thought to include a standard-sized fridge and oven on my equipment list—though, to be fair, Maggie could make a mean fruit pie in that toaster oven.

In her typical breezy fashion, she assured me we could simply make the cake at a friend's house. As it turned out, that friend's oven didn't have a working temperature dial—something I discovered after hauling flour, sugar and butter for what felt like a thousand long Vancouver blocks. Not so bad, then, that I only ended up burning one of six cake layers!

The next day I rode the bus up Main St. with yet more ingredients to the condo where another friend was staying. There, my 12-inch cake pan only just barely slid, with a gentle shove, into an unusually small oven. Still, on the bus ride home, the cake was golden and warm in my lap. It was lemon poppy seed, to be filled with homemade raspberry jam and lemon curd, iced with buttercream and covered in fondant.

I managed to assemble it in Maggie's makeshift kitchen, only having to run once to the restaurant where she worked to borrow a pastry brush. The



topper was a porcelain fox and rabbit in place of a bride and groom, so I fashioned bugs, fruits and flowers out of marzipan to decorate. I was still fashioning them the morning of the wedding as Maggie used a jigsaw to cut a slab of wood into a board, on which we'd serve the cake. Somehow, with the help of her speed-demon father, we made it to the site. I frantically assembled the cake, brushing off what might have been a little stray ash here and there.

Each time I make a wedding cake for a friend, I end up with a similar story. I'm in Ontario cottage country, heels in hand, hobbling down a gravel road as fast as I can to reach the ceremony just as it begins, having been down to the wire piping and toasting meringue to cover a s'mores cake. Or I'm in Montreal, pulled up in front of a friend's

pastry shop to borrow more buttercream after running out, the funfetti cake I've baked balanced on the roof of my car as I finish the decorating. Or ingredient substitutions abound as I'm making a Black Forest cake on the tiny B.C. island of Gabriola, where it turns out unsalted butter and kirsch are in short supply.

Every single time, I swear it's the last time I give a cake as a gift—a promise I never end up keeping. For all the chaos involved, it ends up being worth it: a way to play a part in a celebration of love. Besides, if you don't count the blood, sweat and tears, it costs me less than anything on the registry.

Almost every couple for whom I've made a wedding cake now lives far away. Some are divorced. But to have offered each of them a cake spectacular enough to celebrate one of the most important days of their lives, well, that's the real icing on the cake. Some, like Sarah and Jeff's, fit them perfectly: woodland flora and fauna for the camping couple who met at MEC. Others suffered from my flights of fancy (and food colouring mishaps). Still, those cakes live on in wedding photo albums and in memories: the sparkling eyes of two people at that moment very much in love. Having just made my own wedding cake—a much easier task in my own kitchen, but with the added stress of it being my own wedding—I can attest that moment is pure magic. ☺

Lemon Poppyseed Layer Cake

PREP 40 MIN; TOTAL 1 HR 40 MIN; PLUS COOLING TIME

SERVES 16 This adaptation of my celebratory wedding cake skips the fondant and comes in a manageable, 8-inch size. This is a standout dessert for any occasion, such as a birthday party or even a weekend gathering.

Decorate with handcrafted marzipan figures, raspberries or fresh flowers.

Cake

1½ cups all-purpose flour (233 g)
2½ tsp baking powder
½ tsp salt
1¼ cups 35% cream
1 tbsp lemon juice
1¼ cups granulated sugar (250 g)
Zest of 1 lemon
½ vanilla bean, split and scraped
3 eggs
2½ tbsp poppy seeds

Buttercream

½ cup plus 2 tbsp granulated sugar (125 g)

2 egg whites
⅔ cup unsalted butter, at room temperature
1 cup firm lemon curd, such as PC Black Label Lemon Curd
1 tsp vanilla
Pinch salt

Assembly

1 cup raspberry jam
Marzipan figures, fresh raspberries or flowers, to decorate (optional)

1. Cake: Preheat oven to 350°F. Grease and line an 8 × 8-in. baking pan (at least 2-in. high) with

parchment. In a small bowl, whisk together flour, baking powder and ½ tsp salt. In a cup, combine cream and lemon juice.

2. In the bowl of a stand mixer, combine 1¼ cups sugar, lemon zest and vanilla bean seeds. Rub with fingertips until sugar is fragrant. Fit mixer with whisk attachment and add eggs; whisk on medium-high for 3 to 5 min, until mixture is light, fluffy and thickened.

3. Reduce speed to low and add flour mixture in 3 additions, alternating with cream mixture in 2 additions. Increase speed to medium-high to blend, 10 sec. Fold in poppy seeds. Transfer mixture to prepared pan. Bake until golden and a toothpick inserted comes out clean, 50 min to 1 hr. Cool completely on a wire rack.

water, whisk sugar and egg whites, until sugar has dissolved and mixture is warm to touch. Transfer bowl to mixer. Using whisk attachment, beat on high until cool, 5 to 10 min. Reduce speed to medium and add butter, 1 tbsp at a time, until incorporated. Add lemon curd, vanilla and pinch salt. Beat on high until mixture is smooth, 2 to 3 min.

5. Assembly: Use a serrated knife to cut cake horizontally into 3 equal layers. Place bottom layer on a serving platter and spread with half of jam. Top with a third of buttercream. Repeat with middle layer of cake, using the remaining half of jam and another third of buttercream. Top with final cake layer and remaining buttercream. Decorate as desired.

Kitchen tip Make the cake 1 day ahead, but decorate just a few hours before serving.



PAST PERFECT





Vintage decor sales soared over the past couple of stay-at-home years. We asked five shop owners—some veterans and some new to the biz—what they enjoy most about giving new life to preloved pieces

AS TOLD TO ODESSA PALOMA PARKER

PHOTO, COLIN WAY.

TIP
Oil your wooden furniture once or twice a year to keep the wood from drying out and cracking, especially if you live in a dry climate.

Becca Black

BEX VINTAGE, CALGARY

I never intended to run a decor business. About 10 years ago, I hosted a garage sale to downsize my personal assortment of vintage items and thought it was a lot of fun, so I decided to collect more stuff and resell it. I was a social worker at the time and selling vintage on the side, and it turned into a full-time gig in 2017 when I opened my first store location in a warehouse.

I get a lot of pieces from people who are downsizing their homes or having estate sales, and I'm constantly amazed at how many "time capsule" homes there are in Alberta—you walk in and nothing has changed since the 1950s or 1960s. Those places are always a blast.

One of my favourite finds is my sectional sofa, a rare piece from Canadian company R. Huber from the 1960s—it's in great condition for vintage and will soon be reupholstered. It's sleek, and comes with two side tables that are designed to incorporate into the rest of the sectional. I also have a Winnipeg chair by the architect A.J. Donahue; it's a prized possession.

My favourite part of having a store is knowing that people have a good time when they visit. Regular customers will come in just to hang out because it's such a happy place. It's a privilege to be able to do what I love every single day.



TIP

Using a pH-balanced product to clean stone pieces is key. All-purpose cleaners should be avoided, as well as anything with an acid base, which will break through the polish and eat away at the stone, making it dull.

Ashlyn Lem Garcia

THE 365 STUDIO,
TORONTO

My mom is a collector; I've inherited my love of vintage decor from her. There's a huge hand-carved ornate mirror in my studio that she lets me borrow. We think it was made sometime in the late 1800s to mid-1900s, and it was originally imported to New York City from Europe. Every single detail is amazing; you just don't see stuff like this anymore.

At the beginning of the pandemic, I didn't have a job and was trying to find an outlet for my creativity. At first, I dedicated my time to making my home cozier. Then I realized I needed to expand into something bigger, because I couldn't keep redecorating my own space. That's how my Instagram account started—I wanted to help other people find special pieces, too.

I started selling small homewares on social media in September 2020 and grew from there, but I

always knew that I wanted to open a studio space—hence the name. It's something I've worked toward since day one; it was important for me to have somewhere to showcase the pieces. I wanted 365 to have a home.

My aesthetic is very minimalist, with a lot of organic shapes and materials. The first stone piece I sold was a square granite table with an asymmetrical base. I thought it was the coolest find ever, and it made me realize that I wanted to carve a certain

niche for myself within vintage—now I specialize in stone pieces, like marble and travertine. I try to absorb as much information as I can about the pieces I have. There are nights where I'm scrolling until 2 a.m. looking at different slabs of marble from Italy.

I love customer interaction, whether it's people asking me what would look good in their space or showing me how they styled their new purchase at home. It's fun because I get to be part of their decorating process.



TIP

Don't touch the patina on brass—that's what makes it unique! Polishing it off will actually devalue the piece.

Sylvie Roehon BOUTIQUE SPUTNIK, MONTREAL

I opened my store 24 years ago. My interest in vintage decor started at home with my parents. They weren't artists—my father owned a clothing store—but they were both creative and had a great eye for style and decor. They loved to mix the old and the new. That influenced me—I like a bit of everything, but I'm particularly drawn to the mid-century modern

and Victorian aesthetics. There has to be a bit of humour in decor: an element that makes someone smile.

When I moved away for university, I stumbled upon a church basement near my apartment that sold old furniture and antique objects. I would spend hours looking through the clothing, housewares and fabrics to find hidden treasures—anything that was special to me and caught my eye. One piece I loved was a

vibrant green Art Deco teapot with really interesting proportions. I'm a huge tea drinker, and I had it for many years—showing its wear and tear—until it broke.

With so much vintage available on online platforms, it forces you to reinvent yourself. I have customers who have been coming to me since the store's early days. But it's not a dusty old shop; people love the bold colours, the energy and the atmosphere of the place.

I live above my store, and I spend hours in there every day. I'll put my earbuds in and repair items before I put them up for sale or move pieces around the store to make new displays.

It's easy for me to sell pieces if I love them. My customers tell me that they can feel the care that has gone into choosing each item. When I've bought pieces from people in the past, they've been surprised because I chose the things that nobody else looked at.

Elir Pavai

HANDPICKED ARTIFACTS,
GUELPH, ONT.

I moved to Canada from India in 2017. Just after quitting my first job here in 2019, I was walking through downtown Guelph and went into an antique store on a whim. I was so fascinated by how each item had a history of its own. In India, where I'm from, access to vintage furniture is often limited to what you inherit from

family. I've always loved my grandparents' old furniture; my parents have inherited it, and I tell them to save it for me.

I found a beautiful Paragon bone china tea-cup in a burgundy colour, with gold-painted handles. I bought it and a few more pieces of dishware, took them home and began researching vintage tea-cups—the marks (which identify their maker) and what prices they sold for online. From there,

I started decorating our home with vintage and started selling pieces, too.

In 2021, about two years after launching my Etsy shop, I fell for elaborate hand-knotted rugs. I bought a few at local auctions, and my customers loved them so much that rugs quickly became my niche. One day, I would love to travel to Morocco and Turkey to source items directly from makers there. I've come across some that are hundreds

of years old, and I can't believe they've lasted this long.

I love the idea of owning something that has been discarded. In today's fast-moving culture, it's easier to use things and throw them away. It takes conscious effort to repair and reuse. I have a milk jug from the 1900s, in which I keep items like paint-brushes. It's broken and imperfect, but that's why I love it. It's still valuable, flaws and all.

TIP

For rooms with frequent spills and splashes, like kitchens and bathrooms, opt for a rug that's 100 percent wool—you'll appreciate its moisture-wicking properties.





TIP

Arrange to see a piece of furniture (IRL or via photos and/or videos) before you commit to purchasing it. If you can, open drawers, turn over cushions and make sure nothing is loose or broken that can't easily be fixed.

Krista Breen

BETTYROSE VINTAGE & HOME,
HALIFAX

My family is from Port au Choix, a remote fishing village on the west coast of Newfoundland's Great Northern Peninsula. My grandmother worked in the fashion industry and loved opulent decor, and I grew up around that influence. Her name is the inspiration for my business and a tribute to her, as she passed away a few years ago.

I was home on parental leave when COVID hit, so my mom and I would go on road trips around the province together to look for vintage items to pass the time. I started selling what I found on our excursions online, and it took off. People were excited to get their hands on beautiful, one-of-a-kind pieces from all around the East Coast.

When I first started picking out decor for my own space, I gravitated toward Art Deco-style

pieces. Now, my customers say my style has feminine and pop art vibes, reminiscent of Roy Lichtenstein's and Andy Warhol's stuff, with Art Deco thrown in and a bit of Hollywood Regency, too.

You don't find as much in thrift stores now as you used to. Some of the pieces I sell come from private sales held by former collectors; they have eclectic personalities and are true vintage lovers. I also source from estate sales and by word of mouth.

There are a few female-run businesses that have inspired me, both in Canada and the U.S. These women are so helpful and passionate, and we genuinely want to help one another. It's such a great community.

When I'm busy or feeling low, what keeps me going is how excited people are when they find something they love in my store, or when I can connect someone with a piece they've been trying to find for years.



Madeline can't afford to live with her illness. She may choose to die instead

WRITTEN BY Christina Frangou

ILLUSTRATIONS BY Gracia Lam

MADELINE WAS EIGHT when her body started to rebel against the things she wanted it to do. She remembers being struck with blinding pain in her legs. She crumpled to the floor in the hallway of her family home and sobbed. Her parents took her to a doctor, who delivered a possible diagnosis: Her right leg was shorter than her left, and her spine curved from scoliosis. She never received treatment or therapy, and she does not know why. Madeline, who wanted to be an actress when she grew up, got used to dancing on sore legs.

Just before she started grade 5, she got mononucleosis. After that, she kept getting sick—colds, ear infections and coughs that dragged on. In her mid-teens, Madeline began to struggle with fatigue and weight gain. After high school, she moved to Quebec to study theatre. There, a new symptom arrived: chronic diarrhea, which sent her running to a toilet up to a dozen times a day.

Once she graduated from university, Madeline felt like her career as an actress was beginning to take off. She met with an agent and got her first professional headshots—black and white images showing off her impeccably straight teeth and dark eyes. She moved to British Columbia and starred in community theatre. That's when she got mono again. Her health spiralled downward: body aches, an endless series of bladder and ear infections, exhaustion.

A doctor suggested a diagnosis: chronic fatigue syndrome, or myalgic encephalomyelitis (ME). It's a poorly understood condition that some researchers

believe arrives in the wake of a virus like Epstein-Barr, which can cause mono. It's unclear why ME only occurs in some people and what, if any, genetic factors contribute. With ME, the body never seems to recharge to full strength, leaving a person struggling with debilitating exhaustion; postural orthostatic tachycardia syndrome (POTS), which causes light-headedness; a racing heart; and other symptoms. With no cure or treatment, ME leaves many people confined to their homes; one study found that a quarter of people with ME are home-bound and, of those, about 15 percent are also bedridden.

In the two decades since her diagnosis, Madeline has not set foot on stage. Unable to work, she receives provincial government assistance for people with disabilities. But the money falls short of what she needs. Each year, she has fallen thousands of dollars further into debt.

Today, she is among the more than 1.4 million Canadians with disabilities who live in poverty. Many, like Madeline, receive some government support; despite that, 40 percent of Canadians with disabilities live below the poverty line. And people with disabilities often need more basic goods and services just to survive—things like mobility aids, home care, accessible housing and transportation, prescription drugs and health care services, not all of which are fully covered by Canada's publicly funded health programs.

There is, however, one government-funded service available to some people living with disabilities: medical assistance in dying (MAID). Last year, the Canadian government voted to expand MAID laws to include people suffering with illness whose death is not imminent, like Madeline. This has put her in a quandary: She has government funding to die in comfort, but not enough to live at the same standard.

And so, when she runs out of money, which she expects will happen this summer, Madeline has the option to die.

MADELINe, WHO IS 54, lives in a 300-square-foot apartment in Vancouver. She asked *Chatelaine* to use a pseudonym, saying that she could not endure the stress of being publicly identified. Helaine Boyd, Madeline's advocate from Disability Alliance BC, confirmed the details of her client's story, noting that Madeline's diagnoses include fibromyalgia and chemical sensitivities, in addition to ME.

Madeline lives with pain that radiates throughout her body. On a Zoom call, as she spoke to me while lying in bed, she let out a howl from strain when she readjusted her body. In an audio file she emailed to *Chatelaine* with answers to follow-up questions (an approach she prefers because she cannot easily text or type), she panted from exertion.

Madeline's annual income is approximately \$16,300, nearly \$5,000 less than what a single adult living in Vancouver needs to stay above the poverty threshold. She receives \$1,358 per month from the B.C. government assistance program for people with disabilities. This has been her only source of income for 20 years, other than donations through GoFundMe campaigns or informal support from friends. She spends \$348 monthly on subsidized housing, leaving her with just over

\$1,000 per month to cover her expenses. Most of her money goes to food for her specialized diet, internet, toiletries that don't contain harsh ingredients or scents, cleaning supplies and other health expenses. Most of her clothes are hand-me-downs or from second-hand stores, and she uses an old laptop gifted by a friend. Over the years, she has relied on a credit card to cover extra expenses, amassing \$40,000 in debt.

In a budget she put together outlining the care she would like to access that is not covered by the government, Madeline estimates that, every month, she would require about \$400 for massages, \$760 for a psychologist, \$680 for physiotherapy and \$2,000 for customized intravenous vitamin therapy provided by a naturopath. Altogether, in an ideal world, she'd need \$75,600 a year to cover these and other additional expenses.

But because of Madeline's financial limitations, accessing all that care is nearly impossible. Canada's patchwork of provincial health systems is built on a model of traditional medical care provided by physicians and nurses who work in hospitals and clinics. It is a system tailored to people who are sick with ailments that have therapies proven by research and practice. The Canada Health Act requires provinces and territories to cover "medically necessary" or "medically required" hospital, physician or surgical-dental services, but not more.

ME, which affects about 600,000 Canadians, does not neatly fit into that model. There's no standard diagnostic test to confirm a person has it. Instead, ME is diagnosed based on criteria: A person must have been ill for at least six months and have symptoms such as fatigue or POTS. There's no established treatment, in part because ME research has been underfunded for decades. As a result, many of the treatments Madeline seeks are experimental and have not been medically proven. ME patients—most of whom are women—were historically dismissed, their illnesses written off as psychological and even hysterical. Even now, few physicians in Canada specialize in caring for patients with this condition. Subsequently, people with ME report a high level of unmet health needs—higher than people with strokes, cancer or mental health disorders, according to 2014 data from Statistics Canada.

Madeline says she was often told by physicians that her issues were in her mind or there was nothing doctors could do. So she turned to complementary and alternative medicine for help. Madeline says alternative health providers, especially naturopaths, listened and showed a willingness to try unconventional treatments. Some naturopathic therapies, particularly the intravenous vitamin regimen she receives two or three times a week, have helped when nothing else did, she told *Chatelaine*. (There has been little research into the efficacy of these experimental treatments in aiding those with ME.)

Health care services such as physiotherapy, psychology, dental care and naturopathy are typically covered only by private insurance in most provinces, or patients pay out of pocket. In B.C., Madeline receives a supplemental benefit package that covers \$23 per visit to approved providers, like physiotherapists and naturopaths, for up to 10 visits a year, but this doesn't come close to the \$250 she needs for each IV round.

Dealing with the red tape around disability services “feels like I’m trying to climb Everest in a T-shirt, barefoot, in my underpants,” Madeline says.

That gap in coverage means that these complementary health services are often inaccessible to people who do not have jobs with benefits or who are unable to work, says Lindsay Tedds, an associate professor of economics at the University of Calgary who lives with a disability. But, she says, these services play a valuable role in managing the side effects of debilitating illnesses.

Treatments that aren’t covered by the government “can put a real spring in your step for several weeks afterwards,” says Tedds. “You’re trying to do the little things to help you feel better over the short term, [but] none of that stuff is covered in our universal system.”

One of the hallmarks of ME is post-exertional malaise (PEM)—a full-body slam of exhaustion that hits hours or days after a physical or mental effort. The crash of PEM can send a person to bed for days. Madeline tries to ward off PEM by managing her energy expenditure carefully. It’s a balancing act made more difficult because of her poverty: Living without spending extra money demands physical and mental effort.

Madeline doesn’t have a car and can’t afford to take taxis to her medical appointments. She relies on public transit and HandyDart, B.C.’s accessible shared-transit service for people with disabilities. But HandyDart trips take longer than a taxi. She used to book the HandyDart to take her to appointments at a naturopathic clinic that offered compassionate rates, 24 kilometres from her apartment. The trip on the HandyDart minibus took three hours each way, she says. By the time she got home from the appointment, she felt more tired than if she’d never gone to therapy at all. Now she goes to a clinic that’s closer but more expensive, she says.

Madeline doesn’t have energy to cook, so she relies on pre-packaged microwaveable meals. She says she needs foods that are gluten-free for her gluten intolerance (the culprit behind the diarrhea that plagued her throughout her 20s) and low-salt to reduce the swelling in her limbs and torso. Prepackaged meals that meet her dietary specifications are more expensive than cooking from scratch. She can’t buy her meals in bulk, which would save money, because she lacks a freezer. She doesn’t have a dishwasher, either, and says she rarely has the energy to stand to clean dishes. Instead, she buys disposable plates and utensils. For a while, she kept a stack of protein bars by her bed to eat as meal replacements when she couldn’t get out of bed; now, she says, she can’t bear them anymore.

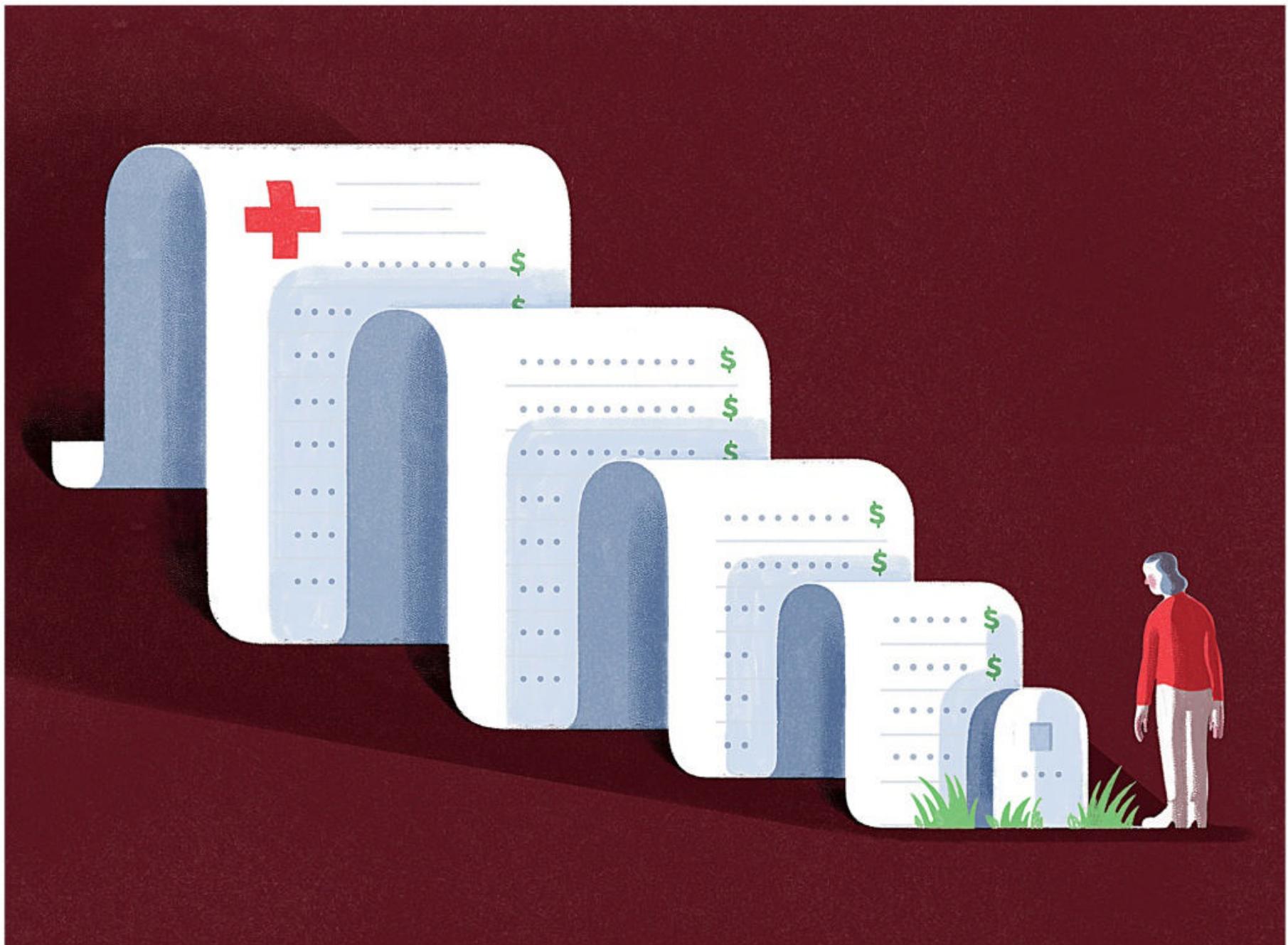
She admits that her apartment is a mess, and she blurs her background during Zoom calls so no one can see it. “People tell me that they’re not going to judge me for the mess—and then they totally judge me,” she says. “It’s hard because it looks like an episode of *Hoarders*, but it’s not about that. It’s about being too sick to purge things, to organize things, and about being too poor to get rid of certain things.” She feels like she’s been every size between 10 and 20, and attributes the weight fluctuations to edema. She can’t afford to buy new clothes when she loses or gains weight; instead, she keeps everything.

Among Madeline’s biggest stressors are the obstacles she must overcome to gain additional support from government agencies. When she tried to buy a back brace, an orthotist did not fill out the funding application properly. Her application got bumped to an appeal process, which meant filling out more papers and waiting longer for the brace. Dealing with the red tape around disability services “feels like I’m trying to climb Everest in a T-shirt, barefoot, in my underpants,” she says.

Madeline’s experience isn’t unique, says Michelle Hewitt, co-chair of Disability Without Poverty. The bureaucratic requirements for people with disabilities are designed to be difficult; a person has to prove that they are worthy of help, she says.

Hewitt says “entrenched ableism” is deeply baked into Canadian society. She argues that many Canadians devalue people who cannot work. At a press conference days after the 2018 election, Ontario Premier Doug Ford told a crowd, “The best way to help people out of poverty is something called a job.” But almost half of Canadians in poverty are disabled, counters Hewitt. “For a whole load of sick people in this country, it really doesn’t matter how much money you give them—they cannot work. But they do not deserve to live in poverty.”

In Spring 2020, as COVID-19 made its first sweep around the globe, Canadians stayed home and businesses shuttered. Madeline couldn’t see her naturopath or physiotherapist. Her pain grew worse. She became even more isolated. But there was one glimmer of hope: After waiting months, she got an appointment to see an immunologist. She says she was told as a kid that she might have an immune deficiency, perhaps with a genetic cause. When a first round of tests on immune-based conditions came back clear, Madeline wondered if the immunologist could set up further testing that could provide answers about what was happening to her.



But she says that the immunologist told her she was not eligible for such specific testing, and that genetic testing did not have a role in the treatment of ME. She felt her last hope was dashed. Her financial situation was rapidly worsening. "I've done everything I know how to do," she says.

So she decided to apply for a medically assisted death. In the summer of 2020, Madeline says a doctor in Vancouver who performs MAID told her that she was not eligible. Her death was not reasonably foreseeable, a legal requirement at the time. But the law was set to change. When it did, Madeline could apply for an assisted death based on her quality of life. Madeline's friends set up a GoFundMe campaign for her, trying to raise enough money to keep her alive as long as possible.

In March 2021, the Canadian government passed Bill C-7, which expanded assisted dying to people who were suffering with illness but not immediately near death. Soon after, Madeline was assessed and approved for MAID.

Many in the disability community have expressed frustration about the new criteria for MAID, saying that people may feel coerced into dying when they are suffering from poverty more than illness. Madeline, however, says she welcomed the changes to MAID. At the same time, she says that her decision to apply for an assisted death is largely driven by finances:

"I've been forced to a measure of deterioration [where] I've ended up with MAID," she says.

She isn't alone. Hewitt of Disability Without Poverty told *Chatelaine* that she knows of eight people who are considering MAID because of poverty. This winter, a 51-year-old Ontario woman diagnosed with multiple chemical sensitivities chose MAID after she could not find affordable housing free of cigarette smoke and chemical cleaners. And another woman with the same condition told CTV that she will also seek a medically assisted death due to a lack of suitable housing. There are few known details about these cases, although they will be reviewed by the Office of the Chief Coroner of Ontario, in keeping with the rules for MAID requests in the province.

Liza Rogers, who helped organize Madeline's GoFundMe, says the pair met at a house party 25 years ago. Since then, she has watched her friend's health deteriorate as she slid into destitution. What happened to Madeline could happen to "anybody who doesn't fit in the traditional job box and suddenly has a health issue that they have to pay for out of pocket," she says.

The GoFundMe campaign raised more than \$22,000 over the past year and a half, but it is not enough. Based on the current funds, Madeline feels she will run out of money in July if she goes for intravenous vitamin therapy twice a week.

She is not sure what will happen when and if she runs out of money. She equivocates on whether she will pursue MAID this summer, but she likes to know the option for a medically assisted death is there.

"It's humiliating that I can't take care of myself. I'm not comfortable talking to the media," she says. "But I don't want to be dead more than I'm uncomfortable doing this."

ADVOCAKES FOR PEOPLE with disabilities are warning that the world could see a surge in the number of people who are disabled and unable to work due to long-term consequences from COVID-19. To date, there have been 3.8 million cases of COVID in Canada, according to official figures, but these underreport the actual number of cases. It's unclear how many people will go on to develop debilitating long COVID. In 2021, the World Health Organization reported that, according to small-sample studies, 10 to 30 percent of people infected with the virus could develop lingering symptoms. In May, Theresa Tam, Canada's chief public health officer, said that figure could be as high as 50 percent, based on more recent research. Not everyone with long COVID will be driven from the workforce, but some will. This makes long COVID among the latest in a list of disabling post-viral conditions.

Hewitt argues that Canada can—and must—do a better job of supporting people who are sick or have disabilities. "We are an affluent country," she says. "We can still afford to take care of all the disabled people in this country who live in poverty."

Chatelaine sent requests for comment to the B.C. ministries of Health and of Social Development and Poverty Reduction, but did not receive responses.

In a statement, a spokesperson for federal Minister of Health Jean-Yves Duclos said he could not comment on specific cases but "understands that it is not an easy decision for those involved in the process." The federal government recognized that expanding MAID to people whose death is not imminent "would result in greater complexity of cases" and, as such, it introduced safeguards to protect people who are not near the end of life. These include having two practitioners assess the patient's eligibility, and a 90-day minimum time frame to consider a request for someone who is not at imminent risk of dying. This allows a long window for consultations with health-care providers who have expertise in the patient's condition and consideration of the totality of their circumstances.

Jurisdictions in Canada provide a broad range of support for people with disabilities, the statement continued. "We recognize, however, that there are disparities in access to services and supports across the country, and governments are working hard to address those disparities."

In June, the Trudeau government introduced legislation to create a Canada Disability Benefit, a monthly payment for working-age Canadians with disabilities. It's unclear exactly what the benefit will look like—questions remain about who will be eligible and how much support the benefit will provide. Minister of Employment, Workforce Development and Disability Inclusion Carla Qualtrough has said the bill was

designed to lift recipients to an income level similar to that provided by the Guaranteed Income Supplement—about \$19,000 in benefits per year. Brent Page, a director with After Stroke in conjunction with March of Dimes, said in a public briefing that if the benefit becomes a reality, it could be "a once-in-a-generation opportunity [to end] disability poverty in Canada."

But a Canadian disability benefit is still just an idea. What's needed is something grander—a sea change in attitudes toward people with disabilities and a new social contract that grants people with disabilities the right to the resources they need to thrive, says Jeff Preston, an assistant professor of disability studies at King's University College at Western University who was born with a rare neuromuscular myopathy.

He references an analogy to explain the scope of change needed: Imagine you're standing by a river and you see someone drowning. You dive in to pull them out. Then you notice someone else coming down the river, drowning. And someone else behind them. "You're like, man, we need more people down here so that we can start to pull them out," says Preston. But that's not solving the problem. To stop people from drowning, we should ask: *Why are all these people drowning?*

That's where Canada is when it comes to people with disabilities, he says. We are standing at the side of the river, rescuing people one at a time. "There are so many things that are preventable that we are simply allowing to happen," he says.

HEALINE BOYD, MADELINE'S advocate at Disability Alliance BC, says she has met with representatives at the B.C. Ministry of Health to discuss Madeline's situation and is waiting for an update. The #MEAction network has also petitioned B.C. Minister of Health Adrian Dix to request a stopgap measure for Madeline that would provide immediate financial support. They asked him to call on Health Canada to allocate more research money for post-viral syndromes.

"We haven't heard anything at this point," says Boyd. She would like Health Canada to adopt a twin-track approach to funding and approving treatments. The first track is the current system: a large-scale approval process for therapies that are rolled out to the general population. But the second would be decided on a case-by-case basis with more flexibility. It would be designed for "people who really need [help]."

Madeline wonders if people who read her story will view her requests for naturopathic treatments as a plea to live in luxury. "To a healthy person, they might be optional or they might be a luxury, but to a person like myself, they are not," she says.

She wants readers to know that she volunteers in her community. She says this work is one of the reasons she struggles with the possibility of a medically assisted death. But she is angry that she has to keep asking for help: "I'm not [giving up]. That's not what MAID is. MAID is brutal practicality."

Madeline started dreaming lately that a hit man is looking for her. She doesn't know how long she can hold out, both in her dream and in real life. "It's hanging off a cliff by a branch and not knowing when your muscles [will] give out. How long is this branch going to hold me?" ☀



BRINGING SEXY BACK

Regardless of age or relationship status, most of us could use a little more heat between the sheets. Here, three very different ways to find some—plus a few fun products to try

ILLUSTRATIONS BY Alyssa Goodman

ASK THE SEXPERT

**Do so-called
sex supplements
really work?**

Finding Our Way in the Dark

After a complete hysterectomy, I was plunged into menopause. Here's how my husband and I navigated our new sex life after 25 years together

WRITTEN BY Julie Matlin



"WHAT ARE YOU DOING?" I asked my husband, frustrated. "Stop dilly-dallying and get on with it already."

"I'm sorry," he cried. "I can't tell what stage we're at anymore."

We both laughed, sexy time temporarily disrupted. While we were on a romantic weekend getaway, it seemed all our good intentions had gone awry.

My husband and I have been together for more than 25 years; you would think he would know my body well enough. But months earlier, I was plunged into menopause after a complete hysterectomy. From then on, it was like finding our way in the dark, all signposts removed.

I was concerned about sex post-menopause: Once hormone-free, would I still feel desire? But six weeks of recovery put my concerns to rest—by the time I got the all-clear from my doctor, we were both raring to go.

The first clue that things were going to be different: After my hysterectomy, my body failed to react the way it used to. My nipples weren't standing at attention, and I was no

longer capable of self-lubricating. My husband and I stumbled through that first night. He tried to take his time; I stubbornly insisted nothing had changed. What surprised both of us, eventually, was the intensity of my orgasm—and the number of them. "Well, that's a bonus," he mused.

After the hysterectomy, life, kids and a new puppy got in the way of us figuring out how my new body worked. We'd find each other under the sheets some nights and fool around, but we hadn't given sex the attention it required. My husband couldn't count on my old cues, and I needed to verbalize what was working for me. That's when I booked the getaway weekend. Maybe a change of scenery would get things back on track.

If we were going to continue to have a satisfying sex life, communication would be essential. I chose an inn just west of Montreal. The setting was perfect: romantic room, deer frolicking outside the window and midnight hot tubing. We had cocktails with dinner and flirted shamelessly. And when the time came...we plopped down on the couch and watched *Succession*.

We quickly realized that, unlike in the early days of our relationship, sex was no longer the main activity on weekends away. Just spending time together does the trick. We've redefined intimacy in a way that works for us. Sometimes that means swapping out intercourse for oral sex; other times, it means holding hands while going for a walk. Occasionally, it's great conversation on a weekend getaway.

As we watched the Roy family self-destruct on screen, my husband leaned over and planted a kiss on my neck. One thing led to another, and as his hand wandered—much to our mutual shock and delight—he found signs of life. "Would you look at that," he murmured in my ear. "We're back."

Last year, in search of "more pleasure, more often," Gwyneth Paltrow's Goop concocted a new formula called DTF (yes, it stands for exactly what you think it does). Using plant and mushroom extracts, the capsules supposedly shift your sex drive into high gear. It's a similar blend to Moon Juice's Sex Dust and has the same aim.

But is there truly such a thing as a mojo-enhancing elixir? Likely not, says Meredith Chivers, an associate professor and clinical psychologist with expertise in sexuality at Queen's University. A decrease in libido can be caused by factors such as aging, stress and disconnection from a partner—none of which has a one-size-fits-all fix.

Neither Sex Dust nor DTF have been approved by the U.S. Food and Drug Administration. Any improvement that occurs when using them, says Chivers, is likely a placebo effect: "If it were really straightforward and simple to increase sexual desire, we would have something that was approved by the FDA at this point."

Your best bets? Learning more about psychological effects on libido and talking to your doctor about the best way to approach waning sexual desire. Instead of supplements, invest in one or two good books on human sexuality. (Chivers recommends *Come as You Are* by Emily Nagoski.)

—Erica Lenti



Out in the Open

How my journey into non-monogamy strengthened my relationship

Susan Wenzel, AS TOLD TO Ziya Jones

WHEN I MET MY HUSBAND, Denys, 10 years ago, I knew I'd found someone special. From its early days, our relationship was fun, intimate and communicative.

But about a year into dating, Denys admitted that he'd noticed a pattern in his previous relationships: About two years into a new partnership, he'd feel desire for other people. That always ended badly. Sometimes he'd cheat; sometimes the relationship would wither as he grew restless. He told me he valued our relationship—he never wanted to violate the trust we had.

"Oh," I said to Denys. "So you're non-monogamous."

The concept wasn't new to me: As a sex and relationships therapist, I worked with couples opening up their relationships. I didn't see anything wrong with non-monogamy, but I didn't think it'd be right for me. Growing up in Kenya, my father was polygamous, and, though I know polyamory and polygamy are very different, I couldn't help but draw parallels. I told Denys I wanted his stuff out of my house.

When I took a step back, I realized

that I trusted Denys when he said he loved me and wanted our relationship to work. I also knew my fear of abandonment led me to try to control my relationships, and I wanted to work on that. So, cautiously, I told Denys I was open to talking. Over the next few months, I worked to figure out what I wanted. Denys and I drew up a set of rules surrounding safer sex and whether we wanted to explore things like sleepovers or falling in love with other people. He was patient and reassuring when I felt jealous or insecure.

I fell for someone first. I'd been friends with a man for awhile, and though we had crushes on each other, we never acted on them. Now my friend and I were free to explore a romantic relationship. We had a lot in common: He's an African immigrant like me, and we bonded over our mutual love of African food, our shared cultural understanding and our familiarity with racism in Canada. Denys is white, so this was a connection I couldn't have with him.

Through that secondary relationship, I learned that I could feel connected to someone else while maintaining my

love for Denys. If I could do that, I felt confident he could, too.

That didn't mean my insecurities disappeared. When Denys did meet someone, I still had to process a lot of jealousy. And as Denys' connection to the woman deepened, I became insecure. Once, I even texted his date, telling her, "Get another boyfriend."

I didn't like that my jealousy made me feel out of control, so I went to therapy. Denys and I spent a lot of time negotiating a dynamic that worked for us. We've since had short- and long-term connections to other people.

At first I was afraid of judgment—from friends, co-workers and even my kids. But everyone has been supportive. The people in my life can see my relationships make me happy.

Denys and I have been non-monogamous for nine years now. We've stayed supportive of one another and deeply in love. While it was hard, opening up my relationship gave me a lot of freedom.

One unexpected outcome was that I was able to explore my sexuality. I've always been attracted to women but, because of my conservative upbringing, I'd never allowed myself to envision dating a woman. When I became non-monogamous, however, I started to explore that part of myself. Today I'm seeing a wonderful, supportive woman—she's even friends with Denys.

Nowadays, when I feel jealous, I turn inward. I'll realize that I'm tired, or I haven't had time to connect with my partner, or I haven't done my regular meditation and I feel ungrounded. I no longer look to my partners to ground me.

When Denys and I need to reconnect, we harness our love languages. Denys values physical touch, so he might ask me to hold him. I like quality time, so I make sure we set aside moments to be together. Being in an open relationship has improved our communication and our ability to set healthy boundaries.

I feel so lucky to have had healthy, beautiful relationships over the past decade. I'm thankful to all the partners who have come into my life and into Denys's life, who have made us each happy. Every connection is a gift.

PARTY FOR ONE

No, you're not seeing things. These days you'll find, tucked in among the books and candles at Indigo, dozens of "sexual wellness products"—everything from lube to sex toys. "We've seen an increase in customer interest in books on sexual wellness," says Calli Ramirez, Indigo's category director of wellness. "We realized there was a need for more accessible sexual wellness merchandise to complement our book assortment."

Ready to go solo? Get acquainted with three of Indigo's bestsellers, all available at chapters.indigo.ca. —E.L.



THE CLASSIC

This discreet, three-speed vibrator is made from silky smooth platinum-grade silicone.

MAUDE VIBE PERSONAL MASSAGER, \$66.



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LELO SILA VIBRATOR, \$249.

Members Only

As a sex therapist, I knew my clients wanted a safe space to try new things—so I started a social club for the sexually curious

Sue McGarvie, AS TOLD TO Christina Gonzales



LAST SEPTEMBER, I ran a masturbation workshop for the women of We Are the Ducklings, a community I started eight years ago. I gave them clitoral stimulators, speculums and mirrors so they could watch themselves. The goal: learn how to reach orgasm.

Most of the women—aged 35 to 60—who attended my course were uncomfortable during sex and couldn't have orgasms. I see that often in my sex therapy practice in Ottawa. They think it's in their head, but 50 percent of the women I see have a physical dysfunction. Sometimes, I've found, these issues can be addressed with a little curiosity about trying something new.

The Ducks grew organically after I brought some people who had signed up for a course, in which I covered topics like using sex toys, tantric sex and love languages, on a field trip. Attendees wanted to keep hanging out, so we later hosted a "Beer, Bowling and Brothel" night: We had drinks at the bowling alley and then headed to a brothel for a tour. One hundred and fifty people, both singles and couples, showed up.

Our group name sprang from an event at a dominatrix's dungeon: Attendees had followed me around like ducklings. I had to tell

them that going into a dungeon was like going into a museum, except there were flogs, not ancient artifacts, inside.

The Ducks isn't a sex club; we're a group of friends doing fun, sassy, sometimes sexy things. It's the group between your parents' bridge club and the wild swingers.

We meet up about twice a month, attending comedy shows, going axe throwing and touring farms. Events always start with an ice-breaker so people can loosen up. I'll ask questions, such as, "What is the sexiest and least sexy name?" or "What's invisible that you wish people could see?" Sometimes I give the group markers and paper to draw dick pics.

The group blew up after I started using social media to advertise it; these days, our Facebook group has 900 members. People wanted a community that allowed them to be sexy without pressure or judgment.

It's not just for singles, either. Some research suggests that certain criteria are critical for a relationship to survive, and that includes having sexy date nights. The Ducks do sexy date nights really well.

But with growth comes growing pains. I had to implement rules to join—no gossip, no mean-spiritedness and no sexual aggression. I've worked hard to create a safe space. All of our events are rated from one to five: one means it's educational, and five means there's sex on the premises. We only did events rated a five a few times per year, but we don't do them anymore (the clubs where we ran them have closed because of the pandemic). Regardless, we have never been a group that promoted indiscriminate sex.

It amazes me how much this group has changed people's lives. One of our attendees was an anxious 40-year-old virgin. With us, she's found community—and she's had multiple partners within the Ducks.

While there have been spinoff groups, we remain a circle of people who don't want to be stuck at home and grumpy. We are the kind of people who need sexy date nights. ☺

THE SPREAD

19 DELICIOUS, DOABLE RECIPES



This weekend, grill your sangria, put a little caprese salad on kebab skewers—and celebrate smoke, spice and everything nice about outdoor summer cooking

RECIPES AND FOOD STYLING BY Eshun Mott

PRODUCED BY Aimee Nishitoba

PHOTOGRAPHY BY Christie Vuong

PROP STYLING BY Madeleine Johari

Kebabs, kebabs and more kebabs! Food on sticks just equals fun, and it's a great theme for an entertaining meal, but it does take a little forethought and preparation. If you plan to whip up this entire menu, you can start by making the sangria, marinating the chicken and steak, cooking the grains and potatoes, cutting vegetables, chopping herbs, washing salad greens and making dressings. Assemble all the kebabs just before your guests arrive and then start by grilling your sangria garnish, tossing your grain salad together and cooking your vegetable kebabs. Grill the steak and chicken at the same time. Drizzle sauces and dress your salad just before calling everyone to the table.





**Herbed Wheat
Berry Salad
with Apricots
and Almonds**

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Grilled Fruit Sangria



King Oyster Mushroom and Shishito Skewers with Harissa Sauce

King Oyster Mushroom and Shishito Skewers with Harissa Sauce
PREP 10 MIN; TOTAL 15 MIN

SERVES 6 Shishito peppers and oyster mushrooms cook quickly on the grill and make for a juicy, flavourful combination. A sauce made with harissa

paste, honey and vinegar adds complexity and heat. Ensure crispy mushrooms by keeping them as dry as possible before grilling.

- 2 tbsp harissa paste
- 2 tsp honey
- 1 tsp balsamic vinegar
- 6 tbsp olive oil, divided
- 1 227 g bag shishito peppers

200 g baby king oyster mushrooms, halved lengthwise if thick
Salt and pepper, to taste

1. Combine harissa, honey and vinegar in a small bowl. Taste and whisk in up to 2 tbsp oil to decrease the spice level as desired. Set aside.

2. Preheat barbecue to high. Toss peppers and mushrooms with remaining 4 tbsp oil and season with salt and pepper. Divide among 6 metal skewers (or wooden skewers that have been soaked for 30 min).
3. Grill for 3 minutes, lid closed and turning once halfway, until vegetables are grill-marked and





tender. Transfer to a serving platter and drizzle with harissa sauce.

Grilled Fruit Sangria

PREP 15 MIN; TOTAL 20 MIN
PLUS 2 HR CHILLING TIME

SERVES 6 Brewed black tea and grilled in-season fruit make a lighter, more

complex sangria with a hint of smokiness.

- 4 cups mixed berries and fruit (preferably a mix of blackberries, strawberries, cherries and plums; keep berries whole, pit cherries and cut plums in $\frac{3}{4}$ -in. pieces)
- 2 tbsp maple syrup, divided

- Pepper, to taste
- 1½ cups strong-brewed black tea
- 3 tbsp turbinado sugar
- ¼ cup Grand Marnier orange liqueur
- 2 tbsp brandy
- 1 large navel orange, thinly sliced
- 1 750 mL bottle dry fruity red wine, such as Rioja

1. Preheat barbecue to high. Set aside 1½ cups fruit for decorative skewers to be made just before serving. Thread remaining fruit onto metal skewers (or use wooden skewers that have been soaked for 30 min). Brush fruit skewers with 1 tbsp maple syrup and sprinkle with pepper.
2. Grill skewers for 1 to 2 min, lid open and turning frequently, until fruit is softened and lightly caramelized. Set aside.
3. Combine hot tea and sugar; stir to dissolve. Set aside to cool.
4. Remove grilled fruit from skewers and place in a large pitcher. Add Grand Marnier, brandy and orange slices and mash fruit with a wooden spoon to release juices. Stir in cooled tea and wine; chill for at least 2 hr. Strain and discard fruit before serving, if desired.
5. Just before serving, thread reserved fruit onto 6 short wooden skewers that have been soaked for 30 min. Brush with remaining 1 tbsp maple syrup and season with pinch of pepper. Grill as instructed in Step 2. Serve sangria over ice with grilled fruit skewers as garnish.

Mix it up You can make this recipe with other fruit such as peaches or apricots. Just make sure to choose firm-ripe fruit and cut into $\frac{3}{4}$ -in. chunks.

Hit the easy button Don't want to turn the grill on twice? Serve this sangria with fresh-fruit skewers instead.

Herbed Wheat Berry Salad with Apricots and Almonds

PREP 40 MIN; TOTAL 50 MIN

SERVES 6 Satisfyingly chewy and high in protein, wheat berries make a great base for a room temperature side dish. This salad keeps well and leftovers are great for lunch, but we recommend assembling it right before serving for the best flavour and texture.

- 2 cups hard wheat berries
- 3 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tsp honey
- Salt and pepper, to taste
- ½ cup chopped toasted almonds
- ½ cup chopped dried apricots
- ½ cup chopped parsley
- ¼ cup chopped mint
- ¼ cup chopped green onions

1. Bring a large pot of salted water to a boil. Add wheat berries and return to a simmer. Cook until grains are tender, 30 to 40 min. Drain and spread out on a rimmed baking sheet to cool completely.
2. Whisk oil, vinegar and



OUR FAVOURITE SMALL-SPACE BARBECUES

No backyard or porch space to host a barbecue? These portable, Canadian-made picks will have you grilling on any kitchen counter, balcony or park picnic table.

TABLETOP

JACKSON GRILLS VERSA 50

This stainless steel tabletop gas grill made in Abbotsford, B.C., clocks in at just 16 lb, is a breeze to set up (just flip out the legs and open the lid) and is even easier to keep clean. \$395, kerrisdalelumber.ca.



FOLDABLE

NAPOLEON TRAVELQ 285X

While bigger and heavier than its tabletop counterparts, this gas-powered, foldable grill makes up for the extra weight with a utensil shelf, a large cooking surface and a porcelain cast iron grate, which is better than stainless steel at retaining heat evenly and cooking at high temperatures—both must-haves for the perfect sear. \$399, napoleon.com.



LIGHTWEIGHT

BROIL KING PORTA CHEF

This grillmaker's portable BBQ with detachable legs is exceptionally sturdy given how lightweight it is. A big grilling grate and foldable side tables make large-format meals on the go a snap. \$479, homehardware.ca.



honey together in a large serving bowl. Add wheat berries and stir. Season with salt and pepper. Add most of almonds, apricots, parsley, mint and green onions (reserving a little of each). Just before serving, sprinkle with reserved ingredients.

Steakhouse Skewers

PREP 40 MIN; TOTAL 55 MIN

SERVES 6 This savoury marinade of garlic, rosemary and Dijon has a surprising ingredient: anchovies. Don't skip them, as they add a deep umami flavour to these hearty steak skewers. These kebabs work well as part of a larger menu, but you can also make them for a more intimate meal with a side salad.

- 1/4 cup olive oil, divided
- 1 tbsp grainy Dijon mustard
- 1 tbsp finely chopped rosemary
- 2 oil-packed anchovies, minced (about 2 tsp)
- 1 large clove garlic, grated
- 2 sirloin steaks (about 310 g each), cut in 1 1/2-in. cubes
- 500 g mini red potatoes
- Salt and pepper, to taste
- 1 red pepper, cut in 1-in. cubes
- 6 shallots, halved lengthwise

1. Combine 3 tbsp oil, Dijon, rosemary, anchovies and garlic in a medium bowl. Add steak and toss to coat. Let stand at room temperature for 30 min or in the refrigerator for up to 3 hr.

2. Place potatoes in a pot, cover with water and season well with salt. Bring to a boil and cook until tender when pierced with a fork, 12 min. Drain and set aside.

3. Preheat barbecue to high. If steak is marinating in the fridge, let it come to room temperature. Season with salt and pepper.

4. Toss potatoes, red pepper and shallots in remaining 1 tbsp oil and season with salt and pepper. Divide ingredients among 6 metal skewers (or use wooden skewers that have been soaked for 30 min), alternating between vegetables and steak.

5. Grill skewers for 10 min, lid closed but opening to turn skewers frequently, or until steak is cooked to desired degree of doneness.

Cherry Tomato, Zucchini and Halloumi Skewers with Pesto Drizzle

PREP 10 MIN; TOTAL 15 MIN

SERVES 6 Halloumi cheese is a great addition to a vegetable kebab, but needs a little extra attention on the barbecue. Make sure your grill is really hot, clean and lightly oiled before you begin and turn the skewers frequently to keep the cheese from sticking.

- 1/4 cup olive oil
- 2 tsp garlic powder
- 1 large clove garlic, grated
- 240 g halloumi cheese, cut in 1-in. cubes (about 12 cubes)
- 1 1/2 cups large firm cherry tomatoes

- 2 small zucchini, cut in 1-in. pieces
- Salt and pepper, to taste
- 2 tbsp basil pesto

1. Preheat barbecue to high and grease the grate. Combine oil, garlic powder and grated garlic in a medium bowl. Add halloumi and toss to coat. Remove halloumi to a plate with tongs. Add tomatoes and zucchini to the bowl, season with salt and pepper and toss to coat.

2. Divide halloumi, tomatoes and zucchini among 6 metal skewers (or use wooden skewers that have been soaked for 30 min). Reserve bowl with any remaining oil.

3. Grill skewers for 4 to 6 min, lid closed but opening to turn skewers frequently, until vegetables are softened and zucchini and halloumi are browned in places. Transfer to a serving platter.

4. Add pesto to the reserved bowl with oil and stir to combine. Drizzle pesto mixture over grilled skewers.

Apricot-Glazed Chicken Skewers with Sumac and Mint

PREP 45 MIN; TOTAL 55 MIN

SERVES 6 Fresh apricots and an easy homemade glaze add sweetness to these seasoned chicken kebabs. Tangy labneh makes a perfect counterpoint for dipping.

- ¼ cup olive oil
- ¼ cup chopped mint, divided
- 1 tbsp finely chopped oregano



KEEP YOUR GRILL GLEAMING

A clean, well-oiled BBQ is essential for the perfect sear and keeping food from sticking to the grill. Whether you use gas or charcoal, here's a primer on how to keep your grill fresh and pristine.

HOW TO: CLEAN A CHARCOAL GRILL

1. Remove and discard any leftover charcoal and ash in the grill pit.
2. Use a stainless steel brush and warm soapy water to clean out the inside bowl and grill grates, and let them dry completely.

Kitchen tip If you use a wire brush to clean your grill, it's imperative to replace it as soon as it starts losing its bristles, as they can be a major health hazard if ingested. Or switch to an alternative cleaning tool entirely: A round metal-mesh scour pad, wooden scraper or stone cleaning block can all be used to keep your grill grates clean.

HOW TO: CLEAN A GAS GRILL

1. Remove grill grates and scrub in hot, soapy water. Rinse and dry.
2. Disconnect the gas line and remove any hardware from the firebox to sweep out debris.
3. Pull out the burner and clean the tubes that attach the burner to the gas controls with a pipe cleaner or spider brush.
4. Replace the burner, reattach the gas, and light the barbecue to make sure everything is reconnected properly.
5. Turn off the barbecue, replace hardware and grill grates. Heat barbecue on high for five to 10 minutes. Turn off; wipe grates with a clean rag dipped in canola oil.
6. Maintain the grill by cleaning it every time after you cook. Heat it on high for 10 minutes after cooking, scrape off any remaining bits of food with a brush or scraper while the grill is still hot, and re-wipe the grates with a clean, canola-soaked rag.

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| <p>1 tbsp ground sumac</p> <p>2 large garlic cloves, grated</p> <p>Zest of 1 lemon</p> <p>680 g boneless, skinless chicken breasts, cut in 1-in. cubes (about 4 breasts)</p> <p>Salt and pepper, to taste</p> <p>3 tbsp apricot jam</p> |
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|--|
| <p>1 tbsp soy sauce</p> <p>1 tbsp lemon juice</p> <p>4-6 small firm-ripe apricots, halved and pitted</p> <p>½ cup labneh</p> |
|--|

1. Combine oil, 2 tbsp mint, oregano, sumac, garlic and lemon zest in a medium bowl. Add chicken and toss to coat. Season with salt

and pepper. Let stand at room temperature for 30 min to marinate or in the refrigerator for up to 3 hr.

2. Meanwhile, stir together jam, soy and lemon juice. Set aside.
3. Preheat barbecue to high. If chicken is marinating in the refrigerator, let it come to room temperature.

Divide chicken and apricots among 6 metal skewers (or use wooden skewers that have been soaked for 30 min).

4. Grill skewers for 8 to 9 min, lid closed but opening to turn skewers frequently, until chicken is cooked and apricots are softened. Brush chicken with glaze and cook 1 min more, lid closed, until glaze has lightly caramelized. Transfer to a serving platter and sprinkle with remaining 2 tbsp mint. Serve with labneh.

Leafy Greens with Avocado Ranch Dressing

PREP 20 MIN; TOTAL 20 MIN

SERVES 6 Avocado adds richness to this herby buttermilk dressing and makes a simple salad of mixed greens shine. Any

extra dressing will keep well in the fridge for several days.

- 2 heads little gem lettuce
- 1 head butter lettuce
- 1 bunch watercress, tough stems discarded
- ½ small ripe avocado
- 1 cup buttermilk
- 2 tbsp white wine vinegar
- 1 clove garlic, chopped
- Pinch sugar
- 2 tbsp chopped chives
- 1 tbsp chopped dill
- Salt and pepper, to taste

1. Gently separate lettuce leaves and rinse greens. Shake or spin dry and lay out on a large kitchen towel. Roll up the towel and place in the fridge until serving.
2. Combine avocado, buttermilk, vinegar, garlic

and sugar in a blender and process until smooth. Thin with a little water, if needed, to reach a pourable consistency (up to a maximum of 2 tbsp water). Transfer to a jar and stir in chives and dill. Season with salt and pepper. Refrigerate until serving.

3. When ready to serve, pile a layer of mixed greens on a platter (tearing up large leaves into pieces as you go), and use a spoon to drizzle dressing over top. Repeat until all greens have been used up. Serve any extra dressing alongside or reserve for another use.



ESHUN MOTT IS A TORONTO-BASED RECIPE DEVELOPER, FOOD STYLIST AND EATER.

HOW TO CHOOSE A SKEWER

BAMBOO They're cheap and biodegradable, which makes bamboo a popular choice. It's important to soak wooden skewers in water for 30 minutes before cooking to prevent them from splitting or catching fire.

METAL Opt for sturdy, reusable steel skewers—and an oven mitt to pick them up with while cooking—if you plan on skewering all summer. They retain higher heat temperatures for longer periods of time.

SHAPE MATTERS Skewers come in a variety of fun shapes—but flat, single-pronged sticks are the most user-friendly variety you can buy. Unlike round, cylindrical skewers, they're easier to thread food on, and keep it from turning when you flip the skewers on the grill.





Apricot-Glazed
Chicken Skewers
with Sumac
and Mint P 53

Leafy Greens with
Avocado Ranch
Dressing

Bánh mì embodies the principle of balance that guides Vietnamese cooking and is an amalgam of culinary influences.



rowing up in Toronto, Tara Lê had her fair share of bánh mì. For lunch, her mom would stuff a French baguette with homemade meat fillings and top it with pickled carrot and daikon, fresh cucumber and cilantro. Lê's favourite was bánh mì thịt Nướng (bánh mì with grilled pork), which is now a menu item at Bánh Mì Metro, her Vietnamese sandwich shop in Toronto's Scarborough area.

Full of complementary flavours and contrasting textures, bánh mì is a culmination of influences from Vietnam's colonial history. Its origins date back to the first decade of the country's French occupation in the 19th century, when the baguette was a "case of love at first bite for the entire population," writes historian Vũ Hồng Liên in *Rice and Baguette: A History of Food in Vietnam*.

Initially called bánh tây ("French bread" or "Western bread"), the French baguette later came to be known as bánh mì ("mì" means "wheat," while "bánh" is a generic term for foods made with flour). The term now refers to both the bread and the sandwich that's built with it. Unlike a French baguette, bánh mì has a crispier crust and airier interior, a local adaptation that makes it last longer in hot weather and easier to stuff. Most often, you'll see it in individual-sized rolls for eating on the go.

Butter, cheese and ham—the baguette's original accoutrements—went from foreign and exotic to sustenance for the masses. A piece of bread spread with butter or Laughing Cow cheese and topped with a sprinkle of sugar was once a common breakfast item (my grandmother still likes her bread this way).

The variations I'm most familiar with gained popularity toward the beginning of the 20th century, when people began stuffing bánh mì with different combinations of cold cuts, chả lụa (Vietnamese-style ham) and tinned

sardines. A splash of Maggi Seasoning sauce added a savoury depth, while pickled daikon and carrot, cucumber and cilantro reflected the local preference for bright, tart flavours and made the sandwich juicier. When I was a penny-pinching student in Vietnam, there were always crumbs all over my desk—bánh mì was a quick but substantial bite, sold by pushcart vendors on almost every street corner.

Bánh mì's rise to fame abroad is partly due to the exodus of Vietnamese refugees following the Vietnam War. By the 1970s, food establishments catering to the growing diaspora sprang up in countries as far away as the U.S. and Australia. Nguyễn Hương, a local favourite in Toronto's Chinatown, has been serving bánh mì and other Vietnamese treats since 1986.

"[When] there was some kind of park gathering with the Vietnamese community, someone would always go to somewhere like Nguyễn Hương and buy sandwiches," recalls Joseph Nguyễn, who is part of a new generation of cooks charmed by the sandwich's endless possibilities. He runs Tâm in Toronto, where he shares his take on the original cold cut bánh mì by transforming xíu mại (meatballs in tomato sauce) into a luscious spread that's used in addition to the usual pate (Vietnamese-style pâté). Elsewhere, you'll find bánh mì served alongside pho broth, bánh mì sliders and even bánh mì with Korean-inspired fillings.

Regardless of how it evolves, bánh mì always starts with good bread. To buy Vietnamese-style baguettes, check local bánh mì shops or large Asian supermarkets, such as T&T, Nations or Kiến Hưng. Other lightweight loaves with delicate crusts, such as Italian or Cuban rolls, can work in a pinch. To Lê, "the trio"—pickled carrot and daikon, cucumber and cilantro—is equally vital to a tasty bánh mì. Together, they make the sum of bánh mì larger than its parts: a perfect bite.

GET BÁNH MÌ READY

8 ESSENTIAL ELEMENTS

Here's what you'll need for 4 bánh mì.

1. BÁNH MÌ

If you can't find 4 Vietnamese-style baguettes, swap in toasted mini French baguettes. Italian, Cuban or hoagie rolls will also work.

2. BO' You'll need ¼ cup of Vietnamese-style mayonnaise; see recipe on p. 58.

3. PATE Lends delicate silkiness to bánh mì's other fresh and crunchy elements. Slice or spread onto bread; see recipe on p. 62.

4. MAGGI SEASONING A hefty splash adds instant umami; soy sauce is a good swap.

5. FILLING Opt for Vietnamese-style ham (or any other cold cut of your choice). Turn the page for other options.

6. ĐỒ CHUA Four handfuls of pickled carrot and daikon; see recipe on p. 61.

7. CUCUMBER Cut ½ cucumber lengthwise into thin slices.

8. CILANTRO 1 bunch.

OPTIONAL: SLICED CHILIES Jalapeno or bird's eye are ideal.

BO'

(Vietnamese-Style
Mayonnaise)

RECIPE BY

JOSEPH NGUYÊN
OF TÂM RESTAURANT

PREP 5 MIN

TOTAL 10 MIN

MAKES 1 24-OZ DELI

CONTAINER *No bánh mì*
would be complete with-
out a schmear of bo'.

- 4 egg yolks, divided
- 500 mL vegetable oil, divided
- 6 tbsp onion oil (optional; see tip)
- ½ tbsp salt
- 2 tbsp sugar

1. In a stand mixer with a whisk attachment, whisk 2 egg yolks on high until mixed, then slowly add 400 mL oil. If oil pools, stop pouring and wait until mixture is incorporated before continuing. If it thickens too quickly, slow speed to medium and add oil more quickly.
2. While whisking on medium, add onion oil, salt and sugar. Continue even if mixture splits. Empty into a bowl. Clean and dry mixing bowl.
3. Whisk remaining 2 yolks on high; once mixed, slowly add remaining 100 mL oil.
4. Add previous yolk-oil mixture into mixing bowl, adjusting speed if it pools or thickens too fast. Bo' should be a thick, buttery consistency. Keep covered in fridge for up to 2 weeks.
Kitchen tip Save any leftover oil after frying onions—that's onion oil.





SARA LEE AND ROD DYQUIANGCO OF TORONTO'S RUSTLE & STILL CAFE SPECIALIZE IN BÁNH MÌ AND VIETNAMESE COFFEE.

Bánh Mì Đậu Hủ

Näm Ngũ Vị

(Five-Spice Tofu and Mushroom Bánh Mì)

RECIPE BY SARA LEE
AND ROD DYQUIANGCO
OF RUSTLE & STILL

PREP 20 MIN; TOTAL 30 MIN

SERVES 4 Taking inspiration from traditional bánh mì, chefs Sara Lee and Rod Dyquiangco continue to expand their menu to include more plant-based options at their contemporary Toronto café, Rustle & Still. In this recipe, tofu and mushrooms soak up a sweet and savoury sauce made from pantry staples including soy sauce and five-spice powder.

Tofu and Mushrooms

- ½ cup soy sauce
- ¼ cup water
- ½ tbsp vegetable oil, plus additional for shallow-frying, divided
- ½ tbsp granulated sugar
- ½ tsp garlic powder
- ¼ tsp pepper

- ¼ tsp five-spice powder
- 454 g firm or extra-firm tofu, cut in ¼-in.-thick slabs
- 454 g mushrooms (cremini, white or portobello), thinly sliced

1. Whisk soy sauce, water, ½ tbsp oil, sugar, garlic powder, pepper and five-spice in a large bowl. Set aside.
2. In a large skillet on high, heat a thin layer of oil. Fry tofu and mushrooms for 1 to 2 min, turning once, until golden brown. Turn off heat. Pour half of sauce into skillet, letting the residual heat cook the sauce into the tofu and mushrooms. When sauce has absorbed, taste and add additional sauce as desired.
3. Assembly: Split each baguette lengthwise, without cutting the whole way through. Spread condiment of choice on cut sides of each baguette. Layer ingredients from the bottom up using pickled vegetables, cucumber, mushrooms and tofu. Garnish with cilantro sprigs and chilies.



JOSEPH NGUYỄN OF TORONTO'S TÂM RESTAURANT. GROWING UP, HE SAYS, "BÁNH MÌ WAS OUR GATHERING FOOD."

Bánh Mì Xíu Mai

(Meatball Bánh Mì)
RECIPE BY JOSEPH NGUYỄN
OF TÂM RESTAURANT
PREP 35 MIN; TOTAL 55 MIN

SERVES 4 Bánh mì xíu mại is Vietnam's very own meatball sub ("xíu mại" means meatballs in tomato sauce). Try this recipe from Joseph Nguyễn, the owner of Tâm, a Vietnamese street-food joint in Toronto. Use the meatballs as the main filling for your bánh mì as we do here, or take a lesson from the chef and turn the recipe into a flavourful spread to accompany a classic bánh mì with cold cuts (see tip).

Meatballs

- 1 cup breadcrumbs
- ½ cup whole milk

- 2 green onions, roughly chopped
- 1 small yellow onion, roughly chopped
- 1 small jicama, peeled and roughly chopped
- 1 kg ground pork
- 2 tbsp brown sugar
- 2 tbsp ketchup
- Salt and pepper, to taste
- 1 tbsp vegetable oil
- 3 garlic cloves, minced
- 1 28 oz can (796 mL) diced tomatoes
- ¼ cup granulated sugar

1. Soak breadcrumbs in milk for 5 min. In the bowl of a food processor, combine green onions, yellow onion and jicama; process to reach a fine consistency. Add pork, breadcrumb-milk mixture, brown sugar, ketchup and a



- pinch each salt and pepper. Process until well combined, 30 sec. Form mixture into 1-in. balls, making about 20 meatballs total.
2. Set up a steamer and bring water to a boil. (Check directions for your steamer; if you don't have one, you can use a steamer basket over simmering water.) Transfer

meatballs into a small heatproof plate and place in steamer, working in batches if needed. Steam on medium, lid closed, until meatballs are cooked through, 30 min.

3. Meanwhile, heat oil in a large, deep skillet on medium. Sauté garlic until slightly softened, 45 sec. Add tomatoes and



KITCHEN TIP

You can transform this meatball recipe into a spread: Start by soaking the breadcrumbs in 1 cup whole milk. Make the pork mixture as directed, but don't form into balls. Instead, steam the pork mixture and add it to the tomato sauce in Step 4. Use it to liven up a classic bánh mì.

- granulated sugar; cook on medium-low for 10 min, until sauce reduces slightly. Season with salt and pepper. Set aside until meatballs are cooked.
- Add cooked meatballs to tomato sauce. Cook on low for 5 min more. Season with salt and pepper.
- Assemble: Split each

baguette lengthwise, without cutting the whole way through. Spread mayonnaise on cut sides of each baguette. Layer ingredients from bottom up using a drizzle of Maggi Seasoning, meatballs (about 5 per sandwich), pickled vegetables, chilies and cucumber. Garnish with cilantro sprigs.

ĐỒ CHUA

(PICKLED DAIKON AND CARROT)

RECIPE BY GIAO CHÂU

PREP 10 MIN
TOTAL 2 HR

MAKES 3 CUPS Besides adding crunch and freshness to bánh mì, this pickle makes a great addition to salad and rice bowls.

- 1 medium daikon (about 1 lb), peeled and cut into sticks about 3 in.-long and ¼ in.-thick
- 1 medium carrot (about ½ lb), peeled and cut into sticks about 3 in.-long and ¼ in.-thick
- 1 tsp salt
- 1 tsp plus ¾ cup sugar, divided
- 1¼ cups distilled white vinegar
- 1 cup warm water

1. In a large bowl, mix daikon and carrot sticks with 1 tsp salt and 1 tsp sugar. Toss thoroughly. After 15 min, vegetables will release their water content and lose ¼ of their original volume. Wash under running water and let drain in a colander. Lightly massage to squeeze out any excess water.

2. In the meantime, make the brine. Combine ¾ cup sugar, vinegar and water in a 1-L jar. Stir until sugar dissolves.

3. Transfer vegetables to jar with brine. Use after 2 hours or chill in the fridge for up to a month.

Pate Gan Gà (Chicken Liver Pâté)

FROM LINH LÊ KIM OF ANH CHE DESSERTS

PREP 40 MIN; TOTAL 1 HR

PLUS OVERNIGHT SOAKING TIME

MAKES 400 G PATE Chef Linh Lê Kim of Ăn Chè Desserts in Montreal shares the recipe for this classic bánh mì accoutrement. Lê Kim's mother, Đặng Thị Kiều Nga, bonded with her sister over several rounds of recipe testing to finally achieve a perfect, creamy pâté. The recipe makes more than you'll use in the bánh mì, but any extra can be stored in the fridge in an airtight container for up to 4 days.

Pate

- | | |
|-------------------------------------|--|
| 300 g chicken liver | garlic and sauté until fragrant but not brown, 30 sec. Set aside to cool. |
| 1 cup milk, divided | 6. In a large bowl, combine blended liver, softened bread, garlic, port, flour, whole black peppercorns, oregano, thyme, sugar and 1 bay leaf. Mix thoroughly. |
| 1 slice white bread | 7. Drop mixture into an oiled 8 x 5-in. baking pan. Spread evenly to smooth surface; pâté should be about 2-in. thick. Layer remaining bay leaves on top to cover surface of pâté. |
| 1½ tsp salt | 8. Bake until mixture reaches internal temp. of 165F, about 20 min (if internal temperature is not achieved, test again every 10 min). Mixture can be served warm, room temp or cold. |
| ½ tsp ground pepper | 9. Assembly: Split each baguette lengthwise, without cutting the whole way through. Spread mayonnaise on cut sides of each baguette. Layer ingredients from the bottom up using pâté, a drizzle of Maggi Seasoning, cold cuts, pickled vegetables, chilies and cucumber. Garnish with cilantro. |
| 2 tsp butter or 1 tsp vegetable oil | Kitchen tip If you don't have port, swap in 2 tsp cognac, but adjust the amount of sugar to 1 tsp. |
| 2 garlic cloves, chopped | |
| 3 tsp port | |
| 2 tsp all-purpose flour | |
| ½ tsp whole black peppercorns | |
| ½ tsp dried oregano | |
| ½ tsp dried thyme | |
| ½ tsp granulated sugar | |
| 6 bay leaves, divided | |

- 1.** Trim tough white membranes from chicken liver. Roughly chop and soak overnight in ¾ cup milk in fridge.
- 2.** Preheat oven to 350F. Remove liver from milk, rinse and drain.
- 3.** Meanwhile, soak bread in remaining ¼ cup milk until softened; drain.
- 4.** In the bowl of a food processor, combine liver, salt and ground pepper. Process until smooth and set aside.
- 5.** In a small skillet, melt butter over medium. Add
- garlic and sauté until fragrant but not brown, 30 sec. Set aside to cool.
- In a large bowl, combine blended liver, softened bread, garlic, port, flour, whole black peppercorns, oregano, thyme, sugar and 1 bay leaf. Mix thoroughly.
- Drop mixture into an oiled 8 x 5-in. baking pan. Spread evenly to smooth surface; pâté should be about 2-in. thick. Layer remaining bay leaves on top to cover surface of pâté.
- Bake until mixture reaches internal temp. of 165F, about 20 min (if internal temperature is not achieved, test again every 10 min). Mixture can be served warm, room temp or cold.
- Assembly: Split each baguette lengthwise, without cutting the whole way through. Spread mayonnaise on cut sides of each baguette. Layer ingredients from the bottom up using pâté, a drizzle of Maggi Seasoning, cold cuts, pickled vegetables, chilies and cucumber. Garnish with cilantro.
- Kitchen tip** If you don't have port, swap in 2 tsp cognac, but adjust the amount of sugar to 1 tsp.





TARA LÊ OF SCARBOROUGH, ONT.'S BÁNH MÌ METRO SAYS THE IDEAL BAGUETTE SHOULD BE MOIST, SOFT AND FLUFFY IN THE CENTRE, AND CRISPY ON THE OUTSIDE.

Bánh Mì Thịt Nướng

(Grilled Pork Bánh Mì)

RECIPE BY TARA LÊ

OF BÁNH MÌ METRO

PREP 30 MIN

TOTAL 4 HR 30 MIN

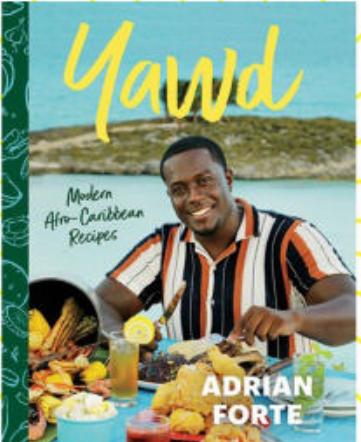
SERVES 4 TO 6 For chef Tara Lê, owner of Bánh Mì Metro in Scarborough, Ont., bánh mì was a lunchtime staple growing up. Of all the varieties her mother used to make, grilled pork was her favourite. This is her mother's recipe, in which boneless pork shoulder is marinated in a bold and aromatic sauce.

Pork Marinade

- 2 tbsp vegetable oil
- 1½ tbsp oyster sauce
- 1½ tbsp fish sauce
- 1½ tbsp granulated sugar
- 1 tbsp honey
- 1 tbsp molasses
- 1 tbsp minced lemongrass
- 3 cloves garlic, minced

- 1 tbsp Shaoxing rice wine or dry sherry
- 1 tsp sesame oil
- 900 g boneless pork shoulder, cut in ¼-in.-thick slices

1. Whisk together all marinade ingredients in a large bowl; add pork and toss to coat. Cover and refrigerate for 4 to 5 hr.
2. Preheat barbecue to medium-high. Add pork to a large grilling basket. Grill pork, lid closed but opening to turn occasionally, until tender and lightly charred on both sides, 5 to 10 min. Transfer to a serving platter.
3. Assembly: Split each baguette lengthwise, without cutting the whole way through. Spread mayonnaise on cut sides of each baguette. Layer ingredients from the bottom up using a drizzle of Maggi Seasoning, grilled pork, pickled vegetables, chilies and cucumber. Garnish with cilantro sprigs.



* COOKING THE BOOK *

Adrian Forte's Salted Cod Fried Rice

The *Top Chef Canada* star, restaurateur and newly minted cookbook author shares the inspiration behind his Jamaican riff on Chinese fried rice

WRITTEN BY Maureen Halushak

IF YOU'RE ABLE TO CONSUME one's culture, you're more compassionate to one's struggle," says Adrian Forte, who wears many hats in the food world, including chef, restaurant consultant and *Top Chef Canada* semifinalist.

We're talking about salted codfish in particular, which was brought to the Caribbean as part of the transatlantic slave trade and remains a staple in Caribbean cuisine. It has a "complicated history," Forte notes in *Yawd: Modern Afro-Caribbean Recipes*, his first cookbook. (The book shares a name with the wildly popular pop-up he ran in Toronto in 2020.) But Forte also loves salted cod for its "nice, salty, umami flavour": Right before our interview, he'd just ordered saltfish-and-ackee fritters from a favourite Jamaican joint in Turks and Caicos, where he's now based.

Forte has been cooking since he was a kid in Kingston, Jamaica; with no nearby restaurants to grab a bite from after school, he and his friends made their own meal deals. "We'd scrimmage our money together, buy ingredients and make a coal stove in my backyard," he says. This potluck-style cooking is known in Jamaica as "running a boat," with guests bringing over different ingredients and a "captain" taking the lead in preparing the food. By this time, Forte had learned to cook alongside his maternal grandmother. In her kitchen, "music was always blasting," he recalls in *Yawd*, and when she moved to New York, Forte followed. He ended up in Toronto, where he studied culinary arts and began working at restaurants in Canada and beyond.

There are a few classic recipes in *Yawd*—Saltfish and Ackee Fritters and Red Kidney Bean Stew among them—but Forte's focus is new takes on Jamaican flavours, like Oxtail Nachos, Jerk Marinated Coq au Vin or Rum-Soaked Chicken (the audition dish that clinched him a spot on *Top Chef*). Like those after-school cook-ups, Forte's Salted Cod Fried Rice was born of necessity: He was craving Chinese fried rice, a dish rooted in the same use-it-all-up ethos he grew up with, and had some leftover rice and salted cod in the fridge. Fifteen minutes later, he had dinner—and another signature Caribbean remix recipe to share.

Salted Cod Fried Rice

PREP 15 MIN; TOTAL 25 MIN

SERVES 4 While in Turks, I was really craving Chinese food, but there wasn't any, so I had to figure out something with the ingredients on hand. I had salted cod and everything to make fried rice, and so my version of Caribbean fried rice was born.

- 1 tbsp unsalted butter
- 1 egg

- 1 cup medium-diced onions
- 1 cup medium-diced tomatoes
- ½ cup cubed carrots
- ½ cup green peas
- 1 tsp Scotch Bonnet Paste (see recipe, opposite page)
- 1 cup soaked and shredded salted cod
- 3 cups cooked rice, chilled
- ½ tsp sazón seasoning
- ½ tsp coconut oil
- 1 tbsp Knorr calamansi liquid seasoning (optional)



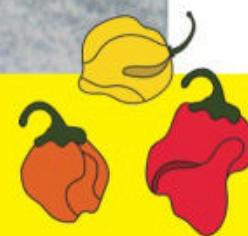
SCOTCH BONNET PEPPERS ILLUSTRATION, CARMEN JABIER.

Freshly ground black pepper,
to taste

Chopped scallions, for serving

1. Heat a large skillet (cast iron works great) on medium-high heat. Melt the butter in the pan, then crack in the egg and scramble it, breaking it into small pieces as you go. Transfer to a plate and set aside.
2. Return the pan to the heat and sauté the onions, tomatoes, carrots, peas and scotch bonnet paste until the vegetables are soft and cooked, about 5 min.
3. Turn up the heat to high and add the salted cod. Mix well and cook until all the liquid has reduced.

4. Add the chilled rice, sazón and Knorr calamansi liquid seasoning (if using) and stir to combine with the fish and veggies. Continue sautéing the rice, stirring every 15 to 20 sec or so, for 3 min or until you notice the rice and veggies starting to brown slightly and become crispy.
 5. Stir in your scrambled egg, give the rice a taste and adjust the seasoning with black pepper if necessary.
 6. Remove from heat, plate up and serve! Add scallions to garnish.
- Kitchen tip** Calamansi seasoning has a sour, citrusy flavour and can be found in Caribbean and Filipino grocery stores.



SCOTCH BONNET PASTE

Combine 10 chopped **pickled scotch bonnet peppers** (see recipe, below), 1 chopped large **white onion**, 1 chopped small **carrot**, 5 minced **cloves of garlic**, $\frac{1}{2}$ cup **apple cider vinegar** and 1 tbsp **smoked paprika** in a blender or food processor. Purée until the paste is smooth and lump-free. Transfer to a sterilized jar, seal and store in the fridge for up to 2 weeks.

PICKLED SCOTCH BONNET PEPPERS

Combine 1 cup **water**, 1 cup **apple cider vinegar**, 1 tbsp **pickling salt** or **table salt**, $\frac{1}{2}$ tsp crushed **red pepper flakes**, 4 smashed **garlic cloves** and 2 tsp **dill seeds** in a saucepan over medium heat. Bring to a boil. Place 3 cups **scotch bonnet peppers** in a sterilized 16-oz mason jar. Pour the brine over the peppers, filling the jar to within $\frac{1}{4}$ inch of the top. Seal with the lid and store for up to 3 months. Once opened, use within 6 weeks.

BERRY



Ripe strawberries—and their short shelf life—remind us to seize joy when we can. And what better way than with dessert?

STRAWBERRY
AND LIME CURD
TRIFLE P 70



**STRAWBERRY
YOGURT CAKE**

P 70

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E

RECIPES BY **Donna Borooah**
PRODUCED BY **Aimee Nishitoba**
PHOTOGRAPHY BY **Christie Vuong**
FOOD STYLING BY **Eshun Mott**
PROP STYLING BY **Madeleine Johari**



STRAWBERRY AND HONEY SEMIFREDDO

Strawberry and Honey Semifreddo

**PREP 40 MIN; TOTAL 1 HR
PLUS 8 HR FREEZING TIME**

SERVES 8 This dessert will be your back-pocket recipe all season: Make the semifreddo and compote ahead of time to suit your schedule. The best part? A semifreddo is just that: semi-firm. This dessert won't get too solid to eat, no matter how long it's frozen.

Strawberry Compote

- 1 454 g pkg strawberries, hulled
- $\frac{1}{3}$ cup liquid honey (107 g)

1 tbsp lemon juice

$\frac{1}{8}$ tsp salt

Semifreddo

- 3 egg whites
- $\frac{1}{4}$ cup granulated sugar (48 g)
- 3 tbsp liquid honey (60 g)
- $\frac{1}{8}$ tsp salt
- 1 cup 35% cream, chilled

1. Compote: Mash strawberries in a medium saucepan using a potato masher, until roughly puréed with some chunks.

Add $\frac{1}{3}$ cup honey, lemon juice and $\frac{1}{8}$ tsp salt. Bring to a boil over medium-high. Cook, stirring often, until foam subsides and compote coats the back of a spoon, 6 to 8 min. Transfer to a wide bowl and set aside to cool, 30 min.

2. Semifreddo: When compote is almost cool, line a 9 × 5-in. loaf pan with parchment, leaving overhang on all sides. **3.** Stir together egg whites, sugar, 3 tbsp honey and $\frac{1}{8}$ tsp salt in a large, heatproof bowl. Fill a large

saucepan with 1-in. water and bring to a simmer over medium; place bowl overtop. Stir until mixture is warm and sugar dissolves, 3 min. Remove bowl from heat. Beat with an electric mixer on high, until stiff peaks form and bowl is cool to the touch, 5 to 8 min. Set aside. **4.** Beat cream in another large bowl using an electric mixer on medium-high, until stiff peaks form, 3 min. Carefully fold a third of cream into meringue mixture until just combined. Repeat with

KITCHEN TIP

Well-wrapped semifreddo will keep frozen for up to 1 month.

Compote will keep refrigerated in an airtight container for up to 5 days.





KITCHEN TIP

Freeze-dried strawberries
are available at most
health food stores.

GLAZED
STRAWBERRY
HAND PIES
P 72



the remaining two-thirds of cream. Add half of the cooled compote. Gently fold a few times, leaving large streaks of strawberry remaining. Refrigerate remaining compote for serving.

5. Transfer semifreddo mixture to prepared loaf pan, smoothing the top. Holding each short end of the loaf pan, tap on the counter a few times to burst any large, hidden bubbles. Press another piece of parchment onto the surface. Wrap the whole pan tightly with foil or compostable wrap. Freeze until firm, 8 hr. Freeze or refrigerate serving platter and plates for at least 30 min.

6. To serve, peel away and discard parchment, then invert onto chilled serving platter. Cut into 8 slices. Divide semifreddo among the chilled plates, then top with remaining compote.

Strawberry and Lime Curd Trifle

PREP 1 HR MIN; TOTAL 1 HR 45 MIN; PLUS CHILLING TIME

SERVES 12 Tart lime curd and buttery pistachios add a pale green contrast to rosy strawberries—and the pairing is reminiscent of those strawberry-kiwi flavoured treats you enjoyed as a kid. Take the shortcut with store-bought angel food cake; this trifle is full of other homemade elements.

Lime Curd

$\frac{3}{4}$ cup granulated sugar (144 g)
2 tsp lime zest
 $\frac{2}{3}$ cup lime juice
3 large eggs

$\frac{1}{8}$ tsp salt
 $\frac{1}{4}$ cup cold unsalted butter, cubed

Compote

1 454 g pkg strawberries, hulled and chopped, about 3 cups
 $\frac{1}{2}$ cup granulated sugar (96 g)
2 tsp lime juice
 $\frac{1}{8}$ tsp salt

Whipped Cream

2 cups 35% cream
2 tbsp icing sugar
1 tsp vanilla

1 454 g pkg strawberries, hulled and sliced
260 g store-bought angel food cake, cut into 1-in. cubes, about 8 cups
Finely chopped roasted pistachios (optional)

1. Lime curd: Whisk $\frac{3}{4}$ cup granulated sugar with lime zest, $\frac{2}{3}$ cup lime juice, eggs and $\frac{1}{8}$ tsp salt in a heavy medium saucepan until smooth. Set over medium-low. Cook, stirring constantly, until curd is thickened and smooth and coats the back of a spoon, 8 to 10 min. Remove from heat, then add butter. Stir until smooth, 1 to 2 min. Immediately strain through a fine mesh sieve into a large bowl. Place a piece of plastic wrap directly onto surface of curd and refrigerate until cool, 1 hr. (Curd will continue to thicken as it cools.)

2. Compote: Meanwhile, mash 454 g strawberries

in a medium saucepan, using a potato masher, until roughly puréed. Add $\frac{1}{2}$ cup granulated sugar, 2 tsp lime juice and $\frac{1}{8}$ tsp salt. Bring to a boil over medium-high. Cook, stirring often, until foam subsides and compote thickens enough to coat the back of a spoon, 6 to 8 min. Transfer compote to a medium bowl and set aside to cool for 30 min.

3. Whipped cream: Beat cream with icing sugar and vanilla in a large bowl, using an electric mixer on medium-high, until soft peaks form, about 3 min.

4. To assemble, spread one-third of whipped cream over bottom of a 3.5-L trifle bowl. Arrange one-third of strawberry slices around edge of bowl. Layer with half of cake, then half of compote, half of curd and half of remaining whipped cream. Repeat layering once more. Top with remaining strawberry slices and pistachios.

Refrigerate, covered, at least 2 hr, or up to 24 hr.

Kitchen tip You'll need about 6 large limes for this recipe.

Switch it up No trifle bowl? You can make this dessert in any large glass bowl or a 9 × 13-in. glass baking dish.

Make ahead Compote and curd will keep well refrigerated in airtight containers up to 1 week.

Strawberry Yogurt Cake

PREP 20 MIN; TOTAL 55 MIN
PLUS COOLING TIME

SERVES 8 This casual cake makes a perfectly acceptable breakfast, too.

227 g strawberries, hulled and halved lengthwise, about 2 cups
 $\frac{3}{4}$ cup plus 2 tbsp granulated sugar, divided (168 g)
 $1\frac{3}{4}$ cups all-purpose flour (210 g)
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp baking soda
2 eggs
 $\frac{3}{4}$ cup 4% Greek yogurt, at room temperature
 $\frac{1}{2}$ cup unsalted butter, melted
1 tsp vanilla

1. Position rack in centre of oven, then preheat to 375°F. Spray a 9 × 9-in. square baking pan with oil, then line bottom with parchment.
2. Toss strawberries with 1 tbsp sugar in a medium bowl. Set aside.
3. Stir flour, baking powder, salt and baking soda in a medium bowl.
4. In a large bowl, stir $\frac{3}{4}$ cup sugar, eggs, yogurt, butter and vanilla until smooth. Gradually stir in flour mixture just until combined. Batter will be very thick. Scrape batter into prepared pan and then smooth overtop. Arrange strawberry halves on top of batter, cut-side up, in neat rows, avoiding edges of pan (if they touch the edges, they will stick). Sprinkle with remaining 1 tbsp sugar.
5. Bake until top is lightly golden and a skewer inserted in centre of cake comes out clean, 35 to 38 min. Transfer to a rack; cool for at least 30 min. Serve warm or at room temperature.

PRETTY IN
PINK PAVLOVA



Kitchen tip For best results, use Greek yogurt with at least 4% fat content to create a lighter, more tender cake. Using a lower-fat Greek yogurt will yield a denser cake.

Pretty in Pink Pavlova

PREP 30 MIN

TOTAL 2 HR 30 MIN

PLUS 5 HR COOLING TIME

SERVES 8 We use a double dose of strawberries in this impressive dessert. Freeze-dried berries give the meringue its blush-pink hue, while fresh berries add aromatic sweetness. Every

batch of fresh strawberries is different so adjust the amounts of sugar and lemon juice as needed in Step 5.

Pavlova

- 6 egg whites
- 1 tbsp lemon juice
- 1/8 tsp salt
- 1 1/2 cups superfine sugar (288 g)
- 1 tbsp cornstarch
- 2 tsp vanilla
- 2 11 g pkgs freeze-dried strawberries, crushed (about 1/2 cup)

Assembly

- 1 454 g pkg

strawberries, hulled, sliced or quartered

- 2 tbsp granulated or superfine sugar (24 g)
- 1/2 tbsp lemon juice
- 1 cup 35% cream, chilled
- 1 tsp vanilla

1. Pavlova: Position rack in centre of oven and preheat to 300°F. Draw an 8-in. circle on a piece of parchment, then flip it over onto a large baking sheet.
2. Beat egg whites, 1 tbsp lemon juice and salt in a large bowl using an
3. Dab a small amount of meringue under each

electric mixer on medium; beat until soft peaks form, 2 to 3 min. Gradually beat in 1 1/2 cups sugar, adding 1 tbsp at a time, waiting a few seconds between each addition. Once all sugar is added, increase speed to medium-high and beat until stiff and glossy peaks form when beaters are lifted, 3 to 5 min more. Beat in cornstarch and 2 tsp vanilla. Gently fold in freeze-dried strawberries until just a few streaks remain.

3. Dab a small amount of meringue under each

corner of parchment, then secure each corner onto a baking sheet. Dollop meringue mixture onto parchment paper using the circle as a guide. Using the back of a spoon, gently smooth surface of the mound (mound should be about 3-in. tall). Create swoops on sides of the mound with upward motions using spoon. Create an indent in the centre, about 1-in. deep.

4. Transfer pavlova to oven, then immediately reduce to 200F. Bake for 2 hr, then turn oven off. Leave pavlova inside oven for 4 hr, then transfer to a rack to cool completely, 1 hr. Gently slide an offset spatula under pavlova to loosen it, then carefully slide it onto a serving platter. (The baked pavlova can be left in the turned-off and closed oven overnight, or in an airtight container without garnishing it up to 1 day ahead.)

5. Assembly: Combine fresh strawberries, 2 tbsp sugar and $\frac{1}{2}$ tbsp lemon juice in a medium bowl. Stir to coat, then set aside until sugar dissolves, 10 min.

6. Beat cream and 1 tsp vanilla in a large bowl using an electric mixer on medium-high, until stiff peaks form, 2 to 3 min. Scoop over cooled pavlova. Top with strawberries and any leftover syrupy juice.

Kitchen tip Avoid making pavlova on a humid day or while you have anything steamy going on in the kitchen, like running the dishwasher: Excess

moisture can affect a meringue's texture and cause it to get soggy or collapse.

Glazed Strawberry Hand Pies

PREP 1 HR 5 MIN

TOTAL 3 HR 15 MIN

MAKES 10 All the nostalgic fun of a toaster pastry—with so much more fresh flavour.

Pastry

2 $\frac{3}{4}$ cups all-purpose flour (330 g)
 $\frac{1}{2}$ tsp salt
 1 cup cold unsalted butter, cut into $\frac{1}{2}$ -in. cubes
 1 large egg, separated
 $\frac{1}{2}$ cup sour cream
 3 to 5 tsp ice water

Filling

3 cups hulled and chopped strawberries
 $\frac{1}{2}$ cup granulated sugar (96 g)
 1 tsp lemon zest
 2 tsp lemon juice
 $\frac{1}{8}$ tsp salt
 1 tsp vanilla

Topping

2 tbsp chopped strawberries, about 1 large
 $\frac{2}{3}$ cup icing sugar (133 g)
 Pink and red sprinkles (optional)
 Freeze-dried strawberries, crumbled (optional)

1. Pastry: Combine flour and $\frac{1}{2}$ tsp salt in a food processor. Gradually add butter while pulsing until crumbs are pea-sized.

2. Refrigerate egg white in a small bowl for later use. Stir egg yolk, sour cream and 3 tsp ice water in a

small bowl, then add to food processor. Pulse until dough just comes together; do not overwork. Add more ice water, 1 tsp at a time, if dough looks dry. (That said, dough should not look sticky, either.) Divide dough in half, then shape and press each half into a rectangle. Wrap both with plastic wrap and refrigerate until firm, about 1 hr.

3. Filling: Meanwhile, mash 3 cups strawberries in a medium saucepan, using a potato masher, until roughly puréed. Add granulated sugar, lemon zest and juice and $\frac{1}{8}$ tsp salt. Bring to a boil over medium-high. Cook, stirring often, until foam subsides and filling thickens enough to coat the back of a wooden spoon, about 6 to 8 min. Stir in vanilla. Transfer filling to a medium bowl and set aside to cool for 30 min.

4. Meanwhile, line 2 baking sheets with parchment. Roll out 1 rectangle of dough into a 9 × 15-in. rectangle on a lightly floured surface. Trim edges to straighten. (Patch any tears with dough scraps.) Cut rectangle in half, lengthwise, into 2 strips. Then cut each strip into five 3 × 4 $\frac{1}{2}$ -in. rectangles. (You will have 10 total.) Carefully transfer pastries to first prepared sheet. Repeat with remaining dough on second sheet. Refrigerate until firm, about 15 min.

5. Scoop 1 heaping tbsp of filling onto centre of 10 pastry rectangles, leaving a $\frac{1}{2}$ -in. border on all

sides. Briefly whisk reserved egg white, then brush edges of pastries with egg white. Place another pastry piece over each filled rectangle. Crimp edges with the tines of a fork to seal. Refrigerate 20 min.

6. Position rack in upper third of oven, then preheat to 375F.

7. Poke several holes on top of each chilled hand pie with a toothpick, then brush each one with egg white.

8. Bake until tops are golden, 24 to 28 min. Transfer to a wire rack to cool completely, about 30 min.

9. Topping: Mash 2 tbsp strawberries in a medium bowl, using a potato masher, until puréed. Whisk in 1 tsp water, then icing sugar until smooth. (Glaze should be thick and spreadable. If too thick, add more water, $\frac{1}{4}$ tsp at a time. If too thin, add more icing sugar, 1 tbsp at a time.)

10. Spread 2 tsp glaze over each hand pie. Immediately top with sprinkles and freeze-dried strawberries. Let stand until glaze is firm, about 10 min. Store in a covered container at room temperature up to 3 days.

Make ahead Pastry dough will keep well refrigerated up to 3 days.



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THE TAKEAWAY

OUR ADVICE FOR BEING YOUR BEST COOK



A fruit pavlova—like our sweet strawberry number on page 71—is born of contradicting truths. The juicy crush of summer berries and crispy chew of meringue were made for each other, but summer is also a tricky time of year to coax egg whites into this crispy, cloudy form. Here's how to stick the landing on this dessert.

TIP 1: Check the humidex

If there were ever an indoor recipe that required a weather check, a pavlova would be it. Try to avoid making it on sticky days; humid air forces moisture into a meringue, making it prone to collapse.

TIP 2: Give yourself plenty of time

The key to a meringue's crisp, airy texture is dryness.

You can encourage this by leaving your baked pavlova in the turned-off oven with the door slightly open as it cools down and dries out completely.

TIP 3: Keep it fat-free

Cleanly separated eggs and a thoroughly washed and dried bowl are crucial to helping a meringue whip up nicely. Any residual fat molecules from

a broken yolk or a previous baking project can burst a meringue's bubble.

TIP 4: Separate your eggs while they're cold

Crack and separate eggs straight out of the fridge, when the yolks are firmer and less likely to break, then let the whites get up to room temperature before whipping. Room-temperature egg whites beat

up faster than cold ones, while a broken yolk will introduce deflating fat into the mix.

TIP 5: Use a glass or metal bowl

The best way to guarantee a grease-free bowl is to use a glass or metal one. Plastic is porous and can retain trace amounts of oil.

TIP 6: Go slow

Cut down on your whipping time by

adding sugar slowly, bit by bit or in a thin, steady stream.

TIP 7: Use superfine sugar

Superfine sugar—which is softer than granulated but not quite as powdery as icing sugar—will give your meringue a smooth, glossy sheen. Don't have any on hand? Take your regular white sugar for a very quick spin in the blender.



CHEERS TO CAESAR SEASON

With sweet, savoury, spicy and sour notes, the Caesar is a true culinary cocktail—and more adaptable than you think

WRITTEN BY **Manisha Claire**
PRODUCED BY **Sun Ngo**
PHOTOGRAPHY BY **Christie Vuong**
FOOD STYLING BY **Ashley Denton**
PROP STYLING BY **Catherine Doherty**

FIFTY-THREE YEARS AGO IN CALGARY, a Canadian icon was born: the Caesar cocktail. Walter Chell, a bartender at the Owl's Nest Bar at the Calgary Inn (now known as the Westin Calgary), created the savoury drink to celebrate the opening of Marco's, the hotel's new Italian restaurant. Chell, who was born in Montenegro and lived in Italy and Switzerland before moving to Canada, took inspiration from spaghetti alle vongole (spaghetti with clams) for his concoction of vodka, Worcestershire sauce, mashed clam "nectar," tomato juice, celery salt and oregano over ice. Customers took to the cocktail immediately; Chell reported that an especially pleased British customer added the "Bloody," which sometimes appears in the name.

When Chell created it in 1969, the Caesar resembled existing popular cocktails such as the Bloody Mary and the Clam Digger, both of which are based on the vodka–tomato juice combination. But with some help from the food company then called Duffy-Mott—which started selling canned Clamato juice in the late 1960s—the drink became a cross-country staple over the next few decades. A recent figure from Mott's Clamato, the largest Caesar-mix retailer in North America, estimates that, today, Canadians drink about 400 million Caesars a year. That's not surprising, since you can find one on any bar menu in any part of the country.

As the Caesar has evolved over half a century to include hot sauces, elaborate garnishes and complex spice mixes, so, too, has the nation that made it. Multiculturalism and increased mainstream awareness of Indigenous foodways have left a lasting impact on the culinary and beverage landscape of the country. And decades of research on climate change has led to some alterations in how we think about sourcing ingredients and reducing the carbon footprint of our food and cocktails. A Caesar made under these influences might include seasonal vegetables, homemade pickles, preserved local meat and ethically sourced spices.

For their new book, *Caesar Country*, authors and Walter Craft Caesar co-founders Aaron Harowitz and Zack

The CAESAR PANTRY Shopping List

We've highlighted some local favourites to get you started on your journey, but building a Caesar is all about creativity. Use what you have on hand and don't be afraid to experiment with new ingredients.

DRINK
THE
COVER!

The Chatelaine Caesar

RECIPE BY CHRISTINE

SISMONDO

PREP 10 MIN; TOTAL 10 MIN

SERVES 1 This unconventional take uses fresh watermelon and a vegan Caesar mix instead of tomato clam cocktail. All the other products are sourced from Canadian companies with women at the helm.*

Salty Paloma
Heartbreaker Cocktail
Rimmer, as needed

- 1 cup seedless watermelon chunks
- 4 oz Singers Vegan Caesar Mix
- 2 oz Fernie Distillers No. 9 Mine Vodka
- 1 oz lime juice
- 4 ice cubes
- 3 dashes Bittered Sling Cascade Celery Aromatic Bitters
- 1 watermelon slice, to garnish

1. Rim a tulip glass with cocktail rim mixture. Blend watermelon chunks, Caesar mix, vodka, lime juice and ice in a blender until no chunks of ice remain, 45 seconds. Pour into prepared glass. Add bitters and garnish with watermelon slice.



CHRISTINE
SISMONDO'S
UPCOMING
BOOK IS
COCKTAILS:
A STILL LIFE.

TIP

If you're a Caesar purist and want clam juice, Singers also makes non-vegan flavours: mildly spiced, spicy and smokin'. All are delicious!



*B.C. FERNIE DISTILLERS IS OWNED BY JILLIAN RUTHERFORD; BARBARA SINGER OWNS AND OPERATES SINGERS CAESAR MIX IN ANCASTER, ONT.; VANCOUVER'S BITTERED SLING BITTERS WAS FOUNDED BY LAUREN MOTE; SALTY PALOMA IS OWNED AND OPERATED BY TORONTO'S AMANDA CHEN AND EVELYN CHICK.



Laneway Distillers
No. 12 Vodka
(Ontario)



Ironworks
Distillery Gin
(Lunenburg, N.S.)



Lumette!
Bright Light
(B.C.)



Walter Classic
or Walter Vegan
(Vancouver)



Nickel 9 Habanero
Cocktail Bitters
(Toronto)

Silverman travelled across Canada looking for innovative, local takes on the drink. Among the hundreds of recipes they collected are Caesars featuring Arctic berries from Nunavut, a fresh P.E.I. oyster garnish and a candied salmon skewer from B.C. These approaches are a natural evolution of the creative spirit shown in Chell's original: In a 1994 *Toronto Star* interview, he attributed the Caesar's success partly to his own "international view" on Canadian food and drinks.

Harowitz and Silverman call the Caesar a "culinary cocktail" because it comprises savoury, sweet, spicy and even sour elements.

"The types of spirits you can make a Caesar—or a virgin Caesar—with are so wide, while still ultimately being a Caesar with a tomato and a clam component. So everybody can customize [and] tailor their cocktail to their own preferences," they say. "It's a unique cocktail for that reason." (Ryan Reynolds, who contributed a recipe to the book—see right—swaps out the vodka for gin.)

Indeed, a Caesar is endlessly adaptable. "There's no one right way to make one. There are lots of different versions," they say. "We hope people continue to experiment, to do that trial and error thing, to come up with really new, innovative ways to make drinks."

They also say that the Caesar's welcoming ingredient list represents some of the best qualities of the Canadian national project: It's an invitation to bring one's own history and ideas to the table and then mix up something new.



The Crescent Caesar

COCKTAIL BY RYAN REYNOLDS

CO-OWNER, AVIATION AMERICAN GIN

VANCOUVER

SERVES 1 "It's the quintessential Canadian cocktail and one of the first drinks I ever had. We lived on Crescent Drive, hence the name."

Glassware

1 coupe, chilled

Cocktail

2½ oz Aviation American Gin

½ oz dry (white) vermouth

½ oz Caesar mix, mild

¼ oz lemon juice, finely strained

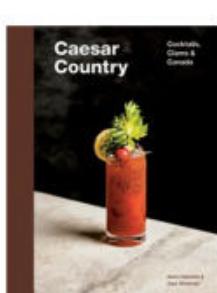
1 tsp olive brine

Garnish

Lemon peel and/or olives, on a skewer

1. Pour the gin, vermouth, Caesar mix, lemon juice and olive brine into a cocktail shaker. Fill the shaker with ice to just above the top of the liquid and stir with a bar spoon until the outside of the shaker is very cold to the touch.

2. Strain the contents of the shaker into the chilled glass and garnish with the lemon peel and olive skewer.



CAESAR
COUNTRY, BY
AARON HAROWITZ
AND ZACK
SILVERMAN, \$32.



The
Crescent
Caesar



St. Jean's Clam
Nectar
(Nanaimo, B.C.)



Tasty Heat's Magma
Ghost Pepper Hot
Sauce (Winnipeg)



Prosyro
Caesar Booster
(B.C.)



Seabiosis
Kombu Pickles
(Carleton-
sur-Mer, Que.)



Garnishes
Saltwest Seasar
Pleaser Cocktail
Rimmer
(Sooke, B.C.)

WHAT A PAIR

Wine pro Vidal Wu and beer sommelier Crystal Luxmore play matchmakers for this issue's recipes

Matron Fine Beer Bobo Farmhouse Wheat + Apricot-Glazed Chicken

Skewers, p 53

Bursting with stone fruit, this saison accentuates the apricots. It's made by a Prince Edward County brewery acclaimed for its use of local ingredients. matronfinebeer.co.

Spindrift Brewing Queen Bee + Bánh Mì Thịt Nướng (Grilled Pork Bánh Mì), p 63

Brewed in Dartmouth, N.S., this toasty brown lager is very barbecue-friendly. The pork marinade syncs with its caramelized notes, while the beer's readiness melds with the baguette. spindriftbrewing.com.

Rosehall Run Ceremony + King Oyster Mushroom and Shishito Skewers, p 50

This sparkling chardonnay is bone-dry, made using Champagne methods. Its green apple and buckwheat cream pair beautifully with the skewers. rosehallrun.com.

Marrow Arancio + Strawberry and Lime Curd Trifle, p 70

This wild skin-contact vermouth, made with apples and grapes from the Okanagan, is a rare fortified wonder. It's perfect on the rocks—or served with a citrusy trifle. marrowvermouth.com.



KITCHEN TIP

Spread the leftover strawberry pulp on scones or bread as an alternative to jam.

* LET'S HAVE A DRINK *

Smash Into Summer

This sweet-and-tart gin cocktail is the perfect toast to fresh, peak-season strawberries

Strawberry-Grapefruit Smash

PREP 15 MIN

TOTAL 20 MIN

SERVES 2

- 227 g strawberries, hulled and chopped, about 1½ cups
2 tbsp honey or granulated sugar
½ cup grapefruit juice
¼ cup lemon juice

½ cup Aperol

¼ cup gin

Ice cubes

Strawberry-flavoured sparkling water, such as Bubly

Sliced strawberries, for garnish

Grapefruit wedges, for garnish

1. Mash chopped strawberries in a bowl until coarsely pureed. Stir in honey,

grapefruit juice and lemon juice. Let stand 5 min.

2. Strain mixture through a fine strainer into a large cup. Use the back of a spoon to press on pulp, extracting as much liquid as possible. Discard or reserve pulp for another use. Stir Aperol and gin into the same cup.

3. Pour into 2 glasses filled halfway with ice, then top with flavoured sparkling water. Garnish with sliced strawberries and grapefruit wedges.

* DEAD SIMPLE DESSERT *

Jelly, Baby!



Gelatina Mosaico

PREP 20 MIN; TOTAL 20 MIN
PLUS 8 HRS CHILLING TIME

SERVES 8 TO 10 On childhood trips to visit family in Mexico, I looked forward to running to a corner store and digging into a cup of cold gelatina. Also known as gelatina mosaico (stained glass jelly) in Mexico and Brazil, this no-bake dessert is made from sweetened condensed and evaporated milks, and chopped Jell-O. You can make it in eight to 10 cups for a quick fix, or in a Bundt pan for an easy summer stunner. This recipe makes a solid cake; reduce the unflavoured gelatin by $\frac{1}{4}$ for more wobble.

- 3 or 4 85 g packets flavoured gelatin, assorted colours
- 4 7 g packets unflavoured gelatin, such as Knox
- 1 354 mL can sweetened condensed milk
- 1 354 mL can evaporated milk
- $\frac{1}{2}$ 400 mL can coconut milk
- $\frac{1}{2}$ tbsp coconut extract
- Pinch salt

1. Prepare flavoured gelatin using half the amount of water indicated on package. Pour into separate, lightly greased containers. Cover and refrigerate until firm, 4 hr or overnight.
2. Remove gelatin from containers by placing a plate overtop and flipping over. Cut into 1-in. cubes, and set aside in a bowl in fridge.
3. Mix unflavoured gelatin with $\frac{1}{2}$ cup cold water in a separate bowl; whisk until combined. Set aside.
4. Meanwhile, place condensed milk in a large bowl and microwave on high for 30 sec. Add evaporated milk, coconut milk, coconut extract and salt and whisk to combine. Microwave unflavoured gelatin mix on high until gel-like, about 30 sec; whisk into milk mixture.
5. Lightly grease a standard-size Bundt pan. Sprinkle in some flavoured gelatin cubes and ladle a few spoonfuls of milk mixture overtop. Repeat until pan is full. Cover with wrap and refrigerate until firm, 4 hr or preferably overnight.
6. Remove wrap, place a serving plate over pan and quickly flip over, allowing gelatina to slide out.



CHANTAL BRAGANZA IS THE DEPUTY EDITOR OF FOOD AT CHATELAINE.

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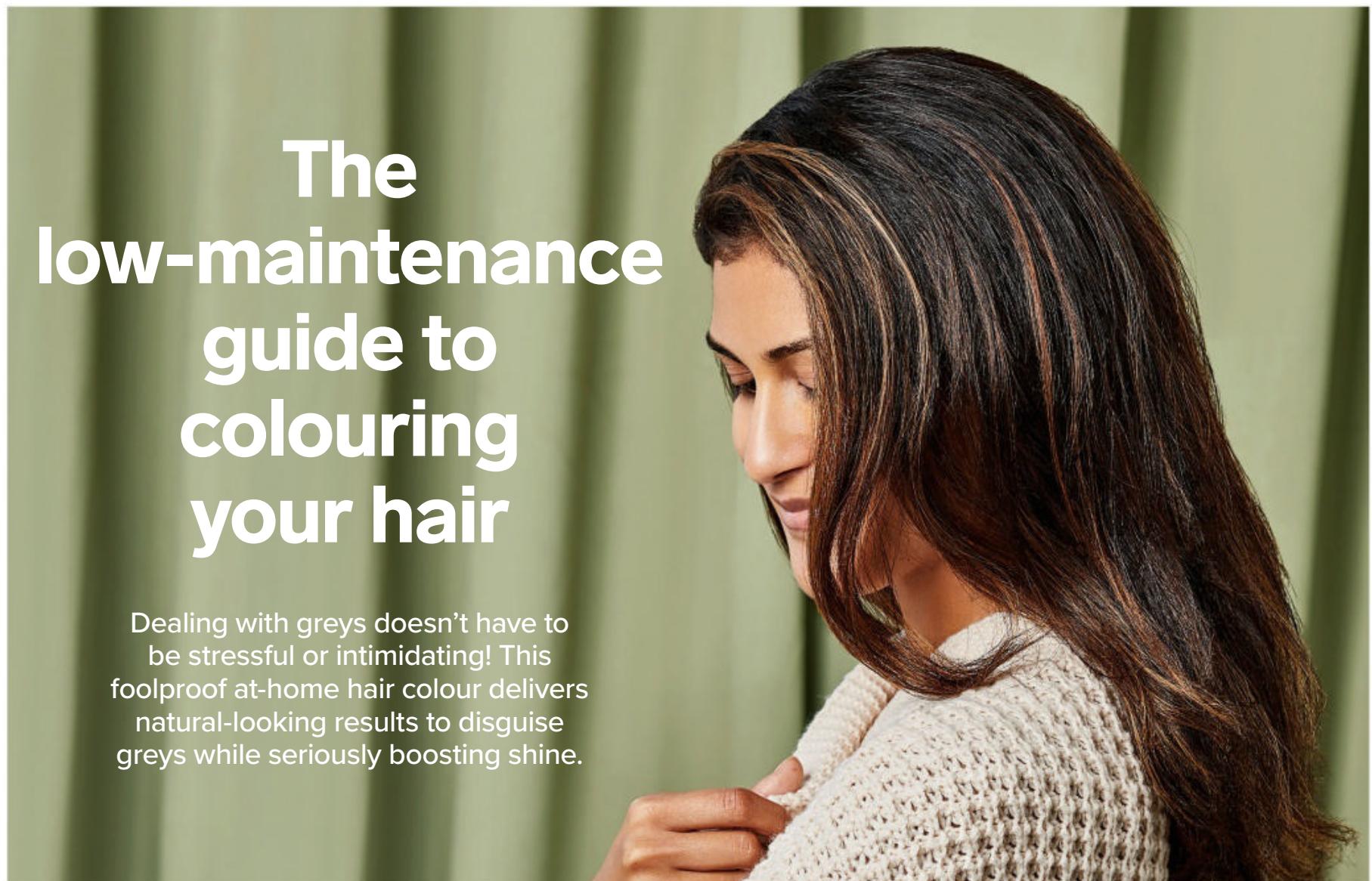


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The low-maintenance guide to colouring your hair

Dealing with greys doesn't have to be stressful or intimidating! This foolproof at-home hair colour delivers natural-looking results to disguise greys while seriously boosting shine.



Starting to notice a few greys popping up around your hairline? Don't panic! It's totally normal for grey hairs to start showing up in your 30s and 40s (even in your 20s). The good news is that you don't have to start booking expensive salon treatments to take care of them. Colouring your own hair at home is way easier than you think—especially with Clairol's Natural Instincts formula. There are so many reasons why it was voted as the winner of this year's Best At-Home Hair Colour Beauty Award: This demi-permanent dye is a great option for the first-time hair colourer (or the seasoned pro) who's looking for an easy, natural-looking solution. It's low maintenance and your precious locks will be healthy-looking and radiant, so you can prepare to kiss those pesky greys goodbye.

Carin Freidag, Clairol's senior manager of global retail hair education, says the demi-permanent technology behind Natural Instincts is ideal for someone who wants to cover up their grey hair in a blended, natural way. Semi-permanent hair colour lasts for only six to eight shampoos, and because it sits mainly on the outside of the hair, it has a very limited ability to cover stubborn greys. The molecules in Natural Instincts, on the other

hand, work their way underneath the hair cuticle for better coverage. Plus, it gradually washes out in 28 shampoos, which creates a more natural-looking root line—you won't get the obvious "skunk stripe" look that often comes with permanent dye. If you're shampooing your hair only three or four times a week, says Freidag, your colour will stay nice and fresh-looking throughout the month and you may not need to refresh your roots for six to eight weeks.

Natural Instincts is super gentle, too, which makes it an amazing option for anyone who's concerned about potential damage. The formula is ammonia-free and made with 80 per cent naturally derived ingredients, including conditioning coconut oil and aloe vera. There's no harsh scent or added parabens either. "We were able to build in loads of conditioners," says Freidag. That means hair will feel smoother and look noticeably shinier, with even, enhanced colour.

When choosing your shade, don't be afraid to play with tones. You can still experiment with going warmer or cooler. If your hair is naturally medium brown, for example, you can try a gold tone from Natural Instincts on top and your greys

will transform into sparkly highlights. If you're looking to match your natural colour, Freidag (who also has her hairdressing licence) says it's a good rule of thumb to go one or two shades lighter than you think you are. Check the handy guide on the back of the box to see what effect the colour will have. Ultimately, Natural Instincts's demi-permanent formula is less of a commitment than a permanent one and it's much easier (and more fun!) to play with. Just follow the instructions, set the timer for 20 minutes and let the colour work its magic.

For more information and to check out the impressive lineup of shades available, visit Shoppers Drug Mart or amazon.ca and search "Clairol Natural Instincts."





THE
BEAUTY
AWARDS
2022

80 MUST-BUY
PRODUCTS
THAT TRULY
DELIVER

Welcome to the BEAUTY AWARDS

B

EAUTY IS A RITUAL, A TREATMENT, A WAY OF LIFE.

For us—*FASHION*, *Chatelaine* and *Châtelaine*—it's also part of our DNA. Collectively, we've reported on every facet of the beauty industry for well over a century. We've also each run our own beauty awards programs to celebrate the best of the best—until now. In 2022, we decided it was time to join forces and go big! Welcome to our inaugural tri-brand Beauty Awards.

Choosing the products that are worth your time (and money) takes a little effort and a lot of makeup remover wipes. Our 37 judges—including some of Canada's top makeup artists, hairstylists, influencers and editors—spent months poring over the submissions, testing and singling out the most impressive beauty products on the market with a few key factors in mind: Does it perform beautifully? Will it streamline a routine? Does it provide efficacious results? Then, each judge cast their votes. The results reveal 80 winners across six categories: Makeup; Skincare; Hair & Nails; Bath & Body; Fragrance; and Tools.

Here, we proudly present the top formulas, treatments and innovations of the year.

PHOTOGRAPHER (ON-FIGURE): NATASHA GERSCHON PHOTOGRAPHER (OFF-FIGURE): CHRISTIE VUONG
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ANDRÉANNE DION MAKEUP: ANIYA NANDY HAIR: ANNA BARSEGHIAN NAILS: ALESSIA GERMINARIO
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NORDSTROM.CA. ON CHRISTINA: JACQUEMUS DRESS, NORDSTROM.CA. KURT GEIGER EARRINGS AND RING, NORDSTROM.CA.

Meet our judges



ANDRÉANNE DION
Senior Style and
Beauty Editor,
Chatelaine



ANIYA NANDY
Makeup and
Hair Artist



BERNADETTE MORRA
Editor-In-Chief,
FASHION magazine



CATRIONA SMART
Co-Founder,
Halo & Co.



CELINE TADROSSI
Founder and
Director, Hammam
Spa By Céla



DANIEL REYES COCKA
Award-Winning
Blogger and Digital
Creator



DEBORAH FULSANG
Editor and
Creator



ELIZA ENMAN-MCDANIEL
Musician,
The Beaches



EUGENIA RAGAS
Beauty
Journalist



GEORGE ANTONOPOULOS
Creative and
Fashion Director,
FASHION magazine



JASMINE MERINSKY
Hair and
Makeup Artist



JEAN-FRANÇOIS CD
Makeup Artist



JESSIKA FINK
Partnerships
and Marketing
Director, SJC
Media



JILLIAN MORGAN
Acting Digital
Director, *FASHION*
magazine



JODI LOPEZ
Life, Style and
Motherhood
Blogger



JOHN NIGHTINGALE
Model



JOSIANE KONATÉ
Content Creator
and Curator



KATIA HANINE
Content Creator
and Brand
Marketing
Specialist



KYLIE MILLER
Musician,
The Beaches



LORA GRADY
Beauty, Trends
and Features
Editor, Cosmetics



LORRI JENNINGS
Textured Hair
Specialist



MARIA VELVE
Makeup Artist
and Beauty
Expert



MEGAN KIRKWOOD
Beauty Expert



MEL HWANG
Influencer and
Entrepreneur



MICHELE MAYRAND
Fashion and
Beauty Editor,
Châtelaine



MISHAL CAZMI
Editorial
Manager,
Pinterest



NADINE ARAKSI
Writer and
Coach,
Kickstartology
Coaching



NITSAN RAITER
Content Creator
and Founder,
Mind Your
Business By
Nitsan Raiter



**DR. RENÉE A.
BEACH**
Dermatologist
and Founder of
DermAtelier
on Avenue



ROBERT WEIR
Makeup Artist
and Beauty
Expert



RUBY BENSON
Creative Producer
and Influencer



**SHANELLE
MCKENZIE**
Wellness
Professional
and Co-founder,
The Villij



**TÉMI
SHOBOWALE**
Makeup Artist
and Founder
of Essentials
by Temi



**VICTORIA L.
A.K.A. MISS
VICTORIOUS**
Salon Owner,
Influencer and
Educator



WING SZE TANG
Lifestyle Editor,
Writer and
Founder of
Wayword

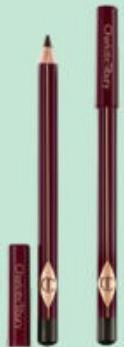
ADDITIONAL JUDGES: KRISTIN RANKIN, MAXWELL GRAYDON THOMPSON

MAKEUP



ON CHRISTINA: A.L.C. DRESS, THEWEBSTER.US. KURT GEIGER JEWELLERY, NORDSTROM.CA.
ON KIM: ISSEY MIYAKE BLOUSE, WDT117.COM. KURT GEIGER HOOP EARRINGS, NORDSTROM.CA.

BEST PRIMER	BEST SETTING SPRAY	BEST FOUNDATION	BEST CONCEALER
E.L.F. Cosmetics Luminous Putty Primer, \$12, elfcosmetics.com . 	M.A.C Cosmetics Prep + Prime Fix+, \$38, maccosmetics.ca . 	Fenty Beauty by Rihanna Eaze Drop Blurring Skin Tint, \$42, sephora.ca . 	L'Oréal Paris True Match Concealer, \$17, well.ca . 
This TikTok-famous makeup primer lives up to the hype. The colourless formula works on all skin tones and delivers a soft, radiant base for makeup while minimizing the appearance of pores.	There's a reason this spray is a staple in the kits of pro makeup artists: it works! It sets makeup and enhances wear for up to 12 hours, while providing a dose of hydration thanks to skin-soothing green tea, cucumber and chamomile.	"This product makes skin glowy and smooth," reported our judge. With 25 shades, the buildable, light-to-medium-coverage tint leaves skin looking natural and more evenly toned.	This creamy concealer effortlessly covers under-eye circles, pimples, dark spots and scars. "It's buildable without looking cakey," according to our judge. Formulated with pure hyaluronic acid, it comfortably hugs skin without drying it out.
BEST BLUSH	BEST HIGHLIGHTER	BEST BRONZER/CONTOUR	BEST MASCARA
Nudestix Nudies Bloom All Over Dewy Color, \$37, sephora.ca . 	Rare Beauty by Selena Gomez Positive Light Liquid Luminizer Highlight, \$29, sephora.ca . 	Watier Portfolio Professional Correctors 4-in-1 in Original, \$37, watier.com . 	Pupa Vamp Mascara Sexy Lashes, \$26, thebay.com . 
A built-in brush makes this dewy, buildable blush a breeze to apply. Bonus: It can also be used on eyes and lips for a trendy monochrome makeup look.	Available in eight shades, this highlighter imparts a soft, luminous glow that goes on like a second skin and is packed with light-reflective particles that create a subtle, long-lasting sheen.	"I can see why makeup artists always keep this in their kits. The five colours are perfectly portioned, and the formula is great," said one judge about this iconic customizable palette. Aside from concealing, it also highlights, bronzes and contours all skin tones.	"I always get compliments after using this product," said one judge about this volumizing mascara. Its unique curved brush does a fantastic job of lifting and curling lashes.

BEST EYELINER	BEST EYESHADOW	BEST BROW STYLING PRODUCT	BEST LIPSTICK
Charlotte Tilbury The Classic Powder Eyeliner Pencil, \$30, charlottetilbury.com	Clarins Frozen Summer Collection Eye Quartet Palette, \$49, clarins.ca	NYX Cosmetics Micro Brow Pencil Precise Eyebrow Pencil, \$13, nyxcosmetics.ca	M.A.C Cosmetics Powder Kiss Lipstick, \$29, maccosmetics.ca
			
This smooth and blendable oil-powder liner delivers soft pigment that's perfect for subtle definition and stays put for hours.	Use this limited-edition quad packed with buildable shades of bronze for a subtle swipe of colour or a dramatic smokey eye.	Available in eight shades, this pencil's long-lasting formula coats even the finest hairs with colour, while the micro tip allows you to create short strokes for a realistic look. Building beautiful brows with precision has never been easier.	This comfortable matte lipstick—which features moisture-coated powder pigments for a hit of hydration—creates a soft-focus effect that smooths lips. It comes in 25 rich and pigmented shades.
BEST LIP GLOSS	BEST MAKEUP REMOVER	BEST FALSE EYELASHES	BEST CLEAN BEAUTY
Fenty Beauty by Rihanna Gloss Bomb Cream Color Drip Lip Cream, \$27, sephora.ca	Marcelle Gentle Eye Makeup Remover for Sensitive Eyes, \$15, thebay.com	Ardell Soft Touch Lashes, \$11, walmart.ca and Magnetic Megahold Liner & Lash, \$17, ardellshop.com	Revive7 Revitalizing Lash & Brow Serum, \$95, revive7science.com
			
Available in five creamy, megawatt shiny shades, this glaze leaves lips looking smoother and more voluminous in a single swipe—without feeling sticky.	"It's great for taking off waterproof mascara and is gentle on my sensitive eyes," shared one judge about this fragrance-free formula that removes stubborn mascara and lipstick with ease.	Both of these Ardell sets were beloved by our judges because they deliver full, fluttery lashes that still look natural. "Magnetic lashes are a game-changer—they're incredibly easy to apply."	This cruelty-free Canadian formula uses seven safe nourishing ingredients and promises results after just one week of daily use.
—ANDRÉANNE DION, SENIOR STYLE AND BEAUTY EDITOR, CHATELAINE			

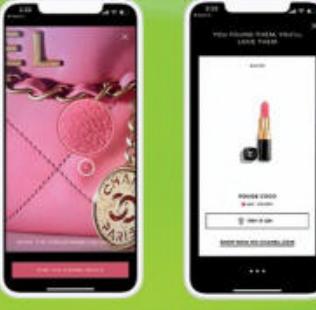
TOOLS

BEST INNOVATIVE HAIR STYLING TOOL
L'Oréal Professionnel
Steampod 3.0,
\$375, kerastase.ca

Don't sleep on this high-tech straightening tool, especially if you have curly or damaged hair. Rather than heat alone, it also uses continuous steam to smooth strands.

"My hair felt healthy and silky-smooth," vouched our judge.



BEST GROOMING ACCESSORY	BEST SKINCARE TOOL	BEST BEAUTY APP	BEST MAKEUP BRUSH/APPLICATOR
Bushbalm Francesca Trimmer, \$75, bushbalm.ca	NuFace Mini Facial Toning Device, \$250, thebay.com	Chanel Lipsscanner, free	Real Techniques Miracle Complexion Sponge, \$11, well.ca
			
"Obsessed. Obsessed. Obsessed," gushed one judge about this waterproof trimmer, which can be adjusted to three lengths. Its USB-rechargeable battery lasts up to five hours.	Using microcurrent technology to stimulate and tone facial muscles, this device firms the skin to give the appearance of a more sculpted visage. Think of it as a workout for your face.	Thanks to its genius algorithm, the Chanel Lipsscanner app will help you find your perfect hue in just two clicks.	This versatile sponge smoothly blends foundation for a perfect finish. Use dry for full coverage, or dampen to add dewiness.

SKINCARE



BEST FACE SPF	BEST DAY CREAM	BEST NIGHT CREAM	BEST MOISTURIZER FOR COMBINATION SKIN
AlumierMD Clear Shield Broad Spectrum SPF 42, \$52, alumiermd.ca 	Caudalie Vinosource-Hydra Grape Water Gel Moisturizer, \$52, sephora.ca 	StriVectin Advanced Retinol Nightly Renewal Moisturizer, \$129, sephora.ca 	Graydon Skin Stuff Face + Eye Cream, \$49, graydonskincare.com 
Meet the facial SPF of your dreams. This lightweight, non-comedogenic and quick-drying sunscreen provides powerful broad-spectrum protection and feels comfortable on all skin types.	Everything about this skin-pampering, complexion-evening moisturizer feels special—from the silky smoothness of the silicone-free gel formula to the prebiotic grape water and aloe vera, which infuse skin with hydration.	Correct multiple signs of aging with a powerful one-two punch of retinol and retinal (touted as one of the most powerful forms of retinol), alongside a skin-soothing complex that reduces redness and boosts radiance.	Parched skin? You can't go wrong with this ceramide-rich moisturizer, which strengthens the skin barrier while offering much-needed hydration.
BEST MOISTURIZER FOR DRY SKIN	BEST MOISTURIZER FOR OILY SKIN	BEST CLEANSER FOR COMBINATION SKIN	BEST CLEANSER FOR DRY SKIN
Orora Bioactive Collagen Cream, \$63, ororaskin.com 	Graydon Phyto Clear Botanical Retinol Gel Cream, \$49, graydonskincare.com 	Starface Space Wash, \$15, starfaceworld.ca 	Midnight Paloma Cleansing Balm, \$44, midnightpaloma.com 
"Easy to spread and hydrates well," said one judge about this delightfully rich vegan collagen cream, which also boasts several other skin-plumping ingredients.	"Finally! A gel moisturizer that keeps me hydrated," commented one judge about this multitasking lightweight cream, which clarifies, brightens, tones, moisturizes and more.	This affordable foaming cleanser gets rid of oil and makeup without making skin feel tight or stripped. Bonus points for its super cute packaging.	Waterproof mascara doesn't stand a chance against this cleansing balm made from a blend of botanicals, including soothing chamomile and hydrating cucumber. "A great sensorial experience," noted our judge.

BEST CLEANSER FOR OILY SKIN	BEST SERUM FOR SENSITIVE SKIN	BEST SERUM FOR DRY SKIN	BEST SERUM FOR OILY SKIN
Three Ships Refresh Papaya + Salicylic Acid Cleanser, \$28, threeshipsbeauty.ca  <p>Oily skin and acne often go hand in hand. The hero ingredient in this face wash is aspen bark extract, a natural source of salicylic acid that helps keep pores clear to reduce the incidence of blackheads and whiteheads.</p>	SkinCeuticals Serum 10 AOX+, \$112, skinceuticals.ca  <p>This serum was crafted specifically for sensitive skin and is a gentle way to introduce active ingredients into your routine. It contains 10 percent vitamin C and neutralizes free radicals while plumping up fine lines.</p>	Beautycounter Counter+ All Bright C Serum, \$117, beautycounter.com  <p>Brimming with vitamin C, this antioxidant serum brightens skin, reduces the look of dark spots and protects against free-radical damage.</p>	The Organic Pharmacy Four Acid Peel Serum, \$69, lookfantastic.ca  <p>A cocktail of potent exfoliating acids—glycolic, lactic, citric and tartaric—work together to create a resurfacing treatment that's gentle enough to use daily.</p>

Best Skincare Under \$30



BEST EYE CREAM Indeed Labs Retinol Reface Eye Cream, \$25, indeedlabs.com	BEST EXFOLIATOR Starface Exfoliating Night Water, \$16, starfaceworld.ca	BEST SERUM FOR ANTI-AGING Caudalie Resveratrol-Lift Instant Firming Serum, \$95, caudalie.com
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BEST EYE CREAM
Indeed Labs Retinol Reface Eye Cream,
\$25, indeedlabs.com

Powerful enough to tackle crow's feet and dark circles, this retinol-based formula is also gentle enough for the delicate under-eye area.

BEST EXFOLIATOR
Starface Exfoliating Night Water,
\$16, starfaceworld.ca

This oil-free liquid formula gently exfoliates and unclogs pores thanks to alpha-hydroxy, beta-hydroxy and polyhydroxy acids.

BEST LIP TREATMENT
Belif Aqua Bomb Overnight Lip Mask,
\$25, sephora.ca

This rich shea butter formula acts as a blanket of comfort on dry, chapped lips. Intended as a sleeping mask, it's thicker than most glosses but melts into lips upon application.

BEST LIP BALM
Eviot Skin Lip Serum,
\$16, eviobeauty.com

"I like the fact that this is hydrating with a hint of colour," noted one judge about this soothing lip serum, which is packed with nourishing hemp and peppermint oils along with omegas 3, 6 and 9.



BEST FACIAL OIL	BEST FACE MASK	BEST OVERNIGHT TREATMENT	BEST NECK/DÉCOLLETÉ TREATMENT
Bao Laboratory Lotus Squalane Healing Facial Oil, \$54, baolaboratory.com	Avène DermAbsolu Fundamental Mask, \$59, shoppersdrugmart.ca	Biossance Squalane + 10% Lactic Acid Resurfacing Night Serum, \$82, sephora.ca	IDC Profil Décolleté Firming and Line-Smoothing Cream, \$80, shoppersdrugmart.ca
			
This oil's blend of squalane and lotus wax nails the trifecta: skin is noticeably smoother, plumper and firmer after use. It's also calming on skin.	The star ingredients in this top-shelf treatment are bakuchiol (a natural alternative to retinol) and glycoleol (to strengthen skin's protective barrier). It delivers intensive hydration, leaving a radiant and firmer-looking complexion in its wake.	Want to banish uneven texture and blemishes as well as reduce the appearance of large pores? This potent, 10 percent lactic acid serum is a must-try. "After only a few days, my skin was softer and more radiant," vouched our judge.	It's easy to neglect your neck and décolleté, but these areas are prone to dryness and require special attention. To the rescue: this lifting, tightening, firming and plumping cream.
BEST TREATMENT FOR DARK SPOTS	BEST WRINKLE TREATMENT	BEST ACNE TREATMENT	BEST CLEAN SKINCARE
Dermalogica Smart Response Serum, \$189, dermalogica.ca	Jouviance 3-in-1 Duo Pro, \$120, jouviance.com	SkinCeuticals Blemish + Age Defense, \$118, skinceuticals.ca	Biossance Squalane + Vitamin C Rose Oil, \$95, sephora.ca
			
This potent formula uses four active ingredients to hydrate, brighten and soothe, while also addressing the appearance of fine lines and wrinkles.	A dual-compartment anti-aging serum and moisturizer that firms, hydrates and plumps. It melts into skin easily and has a pleasant citrus-y scent.	This acne-fighting anti-aging treatment combines the pore-clearing properties of salicylic acid with dioic acid, which controls excess sebum, while glycolic and citric acids dissolve dead skin cells.	"I absolutely loved this oil," gushed our judge. Vegan squalane, a sustainable and ethically sourced fatty acid, protects the skin barrier, while vitamin C promotes radiance.

HAIR & NAILS



ON CHRISTINA: PROENZA SCHOULER DRESS, THEWEBSTER. US. KURT GEIGER EARRINGS, NORDSTROM. CA. ON NYONG:
JACQUEMUS TANK TOP, NORDSTROM. CA. VEERT NECKLACE AND RING, THEWEBSTER. US. HOOP EARRINGS, MODELS OWN.

BEST AT-HOME HAIR COLOUR	BEST COLOUR REVITALIZING SHAMPOO	BEST COLOUR REVITALIZING CONDITIONER	BEST VOLUMIZING SHAMPOO
<p>Claire Natural Instincts Semi-Permanent Hair Color, \$12, shoppersdrugmart.ca</p>  <p>Not only is this DIY semi-permanent colour made with 80 percent naturally derived ingredients, but it's also simple to apply. "It was my first time trying an at-home hair colouring kit, and I found it so easy to use," said one judge.</p>	<p>Pureology Strength Cure Blonde Shampoo, \$39, sephora.ca</p>  <p>Perfect for blondes who need a brightening boost, the highly concentrated purple pigments neutralize brassy tones while keratin strengthens and fortifies. It also works wonders on natural grey hair.</p>	<p>Pureology Strength Cure Blonde Conditioner, \$40, sephora.ca</p>  <p>Help defy brassiness on a weekly basis with this creamy purple conditioner that tones, fortifies and replenishes damaged hair.</p>	<p>DesignMe Puff.Me Volumizing Shampoo, \$27, designmehair.ca</p>  <p>Want volume? This weightless, colour-safe shampoo—formulated with black cherry, almond and tonka bean—smooths hair while delivering a delicious scent and lots of body.</p>
BEST VOLUMIZING CONDITIONER	BEST SHAMPOO FOR CURLY HAIR	BEST CONDITIONER FOR CURLY HAIR	BEST DRY SHAMPOO (TIE)
<p>Shu Uemura Muroto Volume Lightweight Care Conditioner, \$67, sephora.ca</p>  <p>This paraben-free formula is enriched with Japanese sea water, which fortifies hair and delivers long-lasting volume while rebalancing natural oils and leaving strands plump.</p>	<p>Noughty Wave Hello Shampoo, \$10, lovenoughty.com</p>  <p>"It doesn't feel like it's stripping the natural oils out of my hair, which is a must," said one judge about this curl-friendly cleanser, which contains antioxidant-rich avocado oil.</p>	<p>Kérastase Curl Manifesto Lightweight Conditioner for Curly Hair, \$49, sephora.ca</p>  <p>Infused with manuka honey and ceramides, this intensely hydrating conditioner imparts loads of moisture without weighing hair down. Oh, and it also smells incredible thanks to a blend of jasmine, tuberose and freesia notes.</p>	<p>Redken Deep Clean Dry Shampoo, \$30, chatters.ca</p>  <p>"I love how quickly it works," reported one judge about this dry shampoo, which uses a mix of rice and tapioca starch to banish grease, and leaves behind a pleasant cooling sensation.</p>

BEST DRY SHAMPOO (TIE)	BEST HAIR TREATMENT	BEST HAIR OIL	BEST HEAT PROTECTANT
<p>Klorane Detox Dry Shampoo with Organic Aquatic Mint, \$16, well.ca</p>  <p>Lightweight and great for all hair types, this classic formula has been rebooted with refreshing mint. "It brought my curls back to life without drying them out or leaving too much residue," commented our judge.</p>	<p>Kérastase Nutritive 8H Magic Night Serum Hydrating Treatment, \$68, sephora.ca</p>  <p>If tangles and frizz plague you in the morning, add this overnight serum to your bedtime routine. "This made a huge difference to my frizzy hair," reported our judge. "It kept it sealed, smooth and shiny."</p>	<p>Shu Uemura Essence Absolue Nourishing Protective Hair Oil, \$74, sephora.ca</p>  <p>This industry favourite bestows locks with long-lasting hydration, eliminates frizz and enhances shine. "It's the kind of hair product you never want to stop using," gushed one judge.</p>	<p>Matrix Total Results Length Goals Extensions Perfector Multi-Benefit Styling Spray, \$20, matandmax.com</p>  <p>If you're using a hot tool, heat treatments are non-negotiable. This spray protects natural hair and extensions against temperatures as high as 230 degrees Celsius.</p>



Best Nail Products

BEST NAIL TREATMENT

Nailberry Acai Elixir 5-in-1 Base Coat and Treatment, \$33, well.ca

This multitasker strengthens nails and increases the wear time of your favourite polish. "I love the natural finish, and it made my my nails feel nice and strong," reported one judge.

BEST CUTICLE OIL

Looky Hand & Cuticle Oil Peony, \$13, lookyboutique.com

"It's rich enough to nourish cuticles without feeling greasy," said our judge about this peony-scented treatment, which is packed with vitamins and hydrators like jojoba oil.

BEST BLOWOUT CREAM	BEST TEXTURE SPRAY	BEST STYLING PRODUCT FOR CURLY HAIR	BEST HAIRSPRAY
L'Oréal Professionnel Blow-Dry Fluidifier Leave-In Shape Memory Cream, \$32, lorealprofessionnel.ca	Oribe Dry Texturizing Spray, \$60, sephora.ca	Oribe Curl Gelée for Shine & Definition, \$55, oribe.com	DesignMe Hold.Me Three-Way Hairspray, \$27, designmehair.ca
			
This lightweight, frizz-fighting formula prolongs the life of your blowout while adding bounce, smoothness and shine.	This styler is a cult favourite for two reasons: it smells incredible and works even better! "One of the best texturizing hairsprays I've ever used," extolled our judge. It builds astonishing volume thanks to its patented oil-absorbing polymers.	This gel delivers on moisture and definition, and is perfect for type 3 and 4 coils.	This Montreal-made hairspray features an ingenious nozzle with three adjustable spray settings: light, medium and high. As a result, you can effortlessly dial up or down the degree of hold depending on your style.
BEST HAIR-GROWTH PRODUCT	BEST BEARD CARE PRODUCT	BEST CLEAN HAIRCARE	BEST SUSTAINABLE PACKAGING
RapidLash Eyelash and Eyebrow Enhancing Serum, \$69, shoppersdrugmart.ca	Shea Moisture Maracuja Oil & Shea Butter Full Beard Detangler, \$14, shoppersdrugmart.ca	L'Occitane Intensive Repair Solid Shampoo, \$18, loccitane.com	Everist Waterless Shampoo Concentrate, \$28, well.ca
			
A cult favourite hair growth stimulating serum that's packed with ingredients that condition, moisturize and strengthen.	This product softens even the coarsest facial hair thanks to shea butter and maracuja oil, which provide slip, while its essential oil blend leaves hair smelling fresh.	"I love the sustainable packaging," raved one judge about this shampoo bar, which comes in a cardboard box and contains amino acids, sunflower oil and vitamin E.	"It's a rare innovation in packaging and product formulation," noted our judge about this low-waste shampoo concentrate from Toronto-based Everist. Just add water and lather away.

BATH & BODY



DR. TEAL'S
MELATONIN
EPSOM SALT



BEST BATH SOAK	BEST BATH BOMB	BEST BODY SCRUB	BEST BODY CREAM
Dr. Teal's Melatonin Epsom Salt, \$11, shoppersdrugmart.ca	Bathorium Aphrodite Bath Bomb, \$30, bathorium.com	Strøm Body Scrub, \$35, stromspa.com	Céla Crème Violette, \$37, thisiscela.com
			
"Unique and useful" is how one judge described this bedtime bath soak. Epsom salts soothe sore muscles while lavender essential oil helps you wind down for the night.	"A bath time game-changer," said one judge about this made-in-Canada self-care essential that infuses your tub with scents of vanilla, chocolate and wild Bulgarian rose.	Slough it all away with this body scrub, which also softens skin thanks to a blend of lavandin—a cousin to lavender—Quebec black spruce and Jack pine.	"An incredibly memorable, ultra-moisturizing and super-hydrating hand and body butter," declared one judge about this luxe lotion that's infused with soothing lavender and colloidal oatmeal.
BEST DEODORANT	BEST BODY SUNSCREEN	BEST SELF-TANNER	BEST HAIR REMOVAL TOOL
Beautycounter The Clean Deo, \$40, beautycounter.com	La Roche-Posay Anthelios Ultra-Fluid SPF 50+ Body Sunscreen, \$32, laroche-posay.ca	St. Tropez Gradual Tan Tinted Body Lotion, \$38, amazon.ca	Gillette Venus for Pubic Hair and Skin, Women's Razor Handle + 3 Blade Refills, \$27, shoppersdrugmart.ca
			
This natural deodorant neutralizes odour while absorbing sweat. A combination of cornstarch and baking soda keep you dry while coconut oil and shea butter soften skin.	When judges of different ages and skin tones all love the same sunscreen, you know it's good! This oil-free and lightweight SPF delivers invisible protection against both UVA and UVB rays without looking (or feeling) like a greasy mess.	Calling all first-timers: this subtle bronzer progressively builds to create a healthy, sun-kissed faux-glow that won't streak.	This specially designed razor protects vulva skin from irritation thanks to its defence bar and smaller head (to better get into nooks), while its ergonomic handle allows for more control.

FRAGRANCE

BEST FRAGRANCE

Hermès H24 Eau de Toilette,
98 mL for \$135, sephora.ca

Yes, it was technically created for men, but this lively medley has universal appeal.

"A fascinating scent that blends clary sage, narcissus and rosewood with a whiff of hot iron on fabric."

—BERNADETTE MORRA, EDITOR-IN-CHIEF,
FASHION MAGAZINE



BEST SHAVING CREAM

Gillette Venus 2-in-1 Cleanser and Shave Gel,
\$23, shoppersdrugmart.ca



Want to streamline your shower routine? This fragrance-free body wash is suitable for even the most sensitive skin and also doubles as a shaving gel.

BEST HAND SOAP

Fruits & Passion Hand Soap with Olive Oil, Coriander and Olive Tree,
\$28, fruits-passion.com



Consider this the gold standard in hand soap. Made with skin-conditioning glycerin and hydrating cold-pressed olive oil, it has a sudsy bouquet of sophisticated fresh notes.

BEST HAND SANITIZER

Paume Antibacterial Hand Gel Travel Bottle and Refill,
\$32 and \$40, mypaume.ca



"Best hand sanitizer ever," raved one judge about this Canadian favourite. You'll love the blend of cedar, citrus, rosemary and lavender essential oils, and also the fact that a percentage of every sale is donated to an organization that helps reduce plastic waste.

BEST CLEAN BATH & BODY CARE

Weleda Aroma Essentials Relax Body Wash,
\$14, well.ca



This creamy body cleanser is gentle yet effective on all skin types. The oil-packed formulation is made with a mix of lavender, bergamot and vetiver that leaves skin feeling supple and smelling fantastic.